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For all the fancy technology being used in the hunt for MH370, the best tools spotters have are their eyes

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Ukraine gets a shoulder to lean on

The International Monetary Fund has pledged up to \$18 billion US in loans to the country

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A WORK IN PROGRESS

FINAL DAY OF METRO'S 3-PART SERIES: HOPE FOR THE FUTURE OF CANADA'S FIRST NATIONS EDUCATION SYSTEM

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TAKING ON THE TALIBAN

After Taliban terrorists gunned down his sister and eight others at a luxury hotel in Kabul, Dr. Karim-Aly Kassam spoke out against the masterminds behind the attack. Story, page 5. THE CANADIAN PRESS

CBE now at the reins of building new schools

Construction time.
Board 'absolutely
motivated' to open
sites in 2016

Public-school officials have boasted for months their own "in-house expertise" could see construction of a half-dozen facilities fast-tracked by a year — now they'll have the chance to back up their claims.

Calgary Board of Education trustee chair Sheila Taylor confirmed to Metro Thursday that Alberta Education has turned over the reins for erecting six new schools to her organization.

The announcement comes after Taylor personally penned a letter to Alberta Infrastructure Minister Ric McIver expressing fears that if the

province turned to its typical public-private-partnership (P3) model to build the facilities — along with dozens of others planned elsewhere in the province — it could delay opening dates until fall 2017.

Taylor vowed in her letter the CBE will "make sure" ribbons are cut at the schools in 2016.

She noted in an interview Thursday that the public board endured a five-year period with no new-school approvals between 2008 and 2013.

"So, really, we're playing catch up now ... we're absolutely motivated to make sure that we're meeting the needs of Calgarians," Taylor said.

The public board will now be tasked with constructing kindergarten-to-Grade-4 schools in both Auburn Bay and Tuscany, a kindergarten-to-Grade-6 site in Panorama

Hills as well as middle schools in McKenzie Towne, Evergreen and at a location to be co-used by residents of New Brighton and Copperfield.

McIver said in February the aim was to have a total of 50 new school sites planned province-wide ready by 2016, but critics have been quick to point out the latest Alberta capital-spending plan only offers up \$1.2 billion for what is expected to be a \$2-billion undertaking.

Alberta Liberal education critic Kent Hehr accused the province of playing a "classic shell game."

"The minister is giving the CBE the go-ahead to build the schools so they can be blamed for the schools not being built by 2016 ... everybody knows it takes three years to build a school."

JEREMY NOLAIS/METRO

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'Shocking ... insane'

Councillor's motion calls for stricter campaign finance rules

Candidates running for city council should have hard caps on campaign spending, tighter restrictions on donations, and be subject to spot audits of their finances, according to a motion due up for debate at council next week.

Coun. Druh Farrell plans to bring forward the motion, which calls on the Alberta government to drastically change the province's campaign finance rules for municipal elections, which are broadly seen as the most lax in the country.

Two candidates running for city councillor spent more than \$276,000 in the 2013 election, something Mayor Naheed Nenshi described as "shocking" and "insane."

"It will only get worse if we don't bring in changes," Farrell said.

Her motion calls for total campaign spending to be capped at \$1 per resident, per ward. That would work out to roughly \$80,000 for councillor candidates and just over \$1 million for mayoral candidates.

Other cities use similar limits. Toronto, for example, caps spending at a small base amount (\$5,000 for councillor and school trustee candidates, \$7,500 for mayoral candidates) plus 85 cents per voter.

In addition, Farrell is calling for a ban on corporate and union donations, which is also common in other jurisdictions.

ROBSON FLETCHER/METRO



MacEwan Hall, seen here, will play host to what University of Calgary officials hope will be a record-setting day of testing for sexually transmitted infections. METRO FILE

U of C eyes STI-test Guinness record

'Carnival-like atmosphere'. Clinic promoting sexual health open to students, faculty

University of Calgary students are expected to turn out in droves for a record day of testing — although most will likely hope they fail.

Organizers with the on-campus wellness centre are organizing a five-hour clinic April 3 to test students, staff and faculty for the sexually transmitted infections (STIs) gonorrhea and chlamydia. The goal,

according to centre director Debbie Bruckner, is to collect more than 500 urine samples, breaking the Guinness World Record and promoting healthy lifestyles in the process.

"By having a mass event, we normalize the idea of sexual health and reduce the stigma of getting tested," she explained.

The U of C doesn't have specific data on the prevalence of STIs among its community members, but Alberta Health Services has indicated 72 per cent of chlamydia cases and 52 per cent of gonorrhea cases involve people under the age of 25.

The mass-testing clinic will



Debbie Bruckner, director of the U of C Students' Union Wellness Centre
COURTESY DEBBIE BRUCKNER

take place smack dab in the middle of MacEwan Hall Ballroom and feature a "carnival-like atmosphere," complete with entertainment, food and

other goodies for participants," Bruckner said. "Obviously if there's any positive indications (in the test results) we will follow up confidentially with those individuals," she added.

Bruckner said the two infections targeted by the event are the easiest to detect and easiest to treat. She said those wishing to take part simply have to pop by between noon and 5 p.m.

"It's very quick," she said of the test. "That's the other thing we want to encourage, that, by getting regular checkups and engaging in health sexual behaviours, you reduce the risk of having to deal with infections later." JEREMY NOLAN/METRO

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Confusion reigns despite medicinal-marijuana ruling

In a fog. Apparent contradiction between Health Canada ruling and recent injunction

LEAH GERMAIN and
JEREMY NOLAISE
calgary@metronews.ca

Just days before a massive overhaul of Canada's medicinal marijuana laws, both Alberta police and patients alike say they've been given no clear marching orders from federal health officials.

Health Canada had hoped to implement a range of changes starting Tuesday to move production of marijuana out of the homes of licensed users and into commercial establishments.

But a court injunction obtained by B.C. lawyer John Conroy last week appears to have granted all users currently growing the controversial drug the ability to continue doing so until a constitutional challenge on the matter has weaved its way through the courts. That process could span more than a year.

Marijuana grower Tamara Cartwright-Poulits said she wouldn't be taking down her

In numbers

2,364

Number of people licensed to possess marijuana in Alberta, according to Health Canada. Of those, more than 1,200 are able to produce the drug for themselves and, in some cases, other patients.



Some of the marijuana paraphernalia and stash belonging to Calgary medicinal patient Keith Fagin is seen. Marijuana users say they're still confused about whether they must do away with their marijuana plants next week as sweeping federal reforms take effect. JEREMY NOLAISE/METRO

plants come April 1.

"I've got six now in bloom and I just (planted) seeds," said the Alberta woman. "I am keeping what I have to bloom out, which would not be ready until after the April 1 deadline anyways."

"I guess if they come and kick my door in, we'll go from there," she added with a nervous laugh.

Metro made multiple inquiries to Health Canada officials Thursday, but at press time, no one at the agency

could provide any information about the implications of the injunction. It is still unclear whether patients should destroy their plants or not.

Tasked to investigate and dismantle grow operations throughout the province, a spokesperson for the Alberta Law Enforcement Response Team (ALERT) said there has been no direction on how to address the injunction ruling from the federal government.

"I think that court injunction caught (Health Canada)

by surprise," said ALERT's Mike Tucker.

"Really, nothing changes from an ALERT perspective," he said. "Our Green Team investigate and dismantle illegal grow operations."

But Jason Wilcox with the MMAR (Marijuana Medical Access Regulations) Coalition Against Repeal, which has steered nationwide efforts opposing the April 1 changes, said a very real threat of arrest remains for patients like himself, as numerous police agen-

cies have openly expressed confusion about the changes.

"We have to worry about the officers who don't understand the implications of the federal injunction.... Quite frankly, if we hear of any interactions we will be launching human-rights cases across the country," Wilcox said.

Conroy, meanwhile, has maintained that while the challenge against Health Canada only identifies a handful of marijuana users, the court rulings apply to all.

Medicine Hat. Suspect remembered for dual life

Those who knew suspected murderer Christopher Arkell paint opposing pictures of his life before it ended in a police shooting last Friday.

To a family member, "the guy was weird and a part-time crook."

To a couple of small-town businessmen, Arkell, who was 50, was a good ol' boy who gained a reputation for cashing rubber checks.

Repair-shop owner Len Waage recalled meeting the muddy-boot-clad rancher a dozen or so times for odd jobs. "He was the easiest-going, nicest guy you ever met," he said. But Waage and others said what court records confirm: Arkell was increasingly saddled with allegations of fraud.

At Bow Island Building Supplies, Bentley Penner recalled loading up Arkell's beat-up truck with supplies. Once again, the "smooth character" supposedly bounced a cheque.

This week, authorities identified Arkell as the man shot in a police standoff on a rural property outside Medicine Hat — and also as a suspect in the slaying of popular businessman Chester Hunchak.

Brother-in-law David Mast told Metro that Arkell's family "kept him at arm's length — big-time" over the past two decades.

Mast repeatedly refused comment, but offered a slight glimpse into the family dysfunction when pressed for details. "He was out of this family with another person — yet he had my ex-wife's name tattooed on his arm, he had the initials of my brother-in-law on his other hand, both of whom have passed away."

BRYAN WEISMILLER/METRO



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'You will never intimidate us'



Dr. Karim-Aly Kassam, left, brother of Zeenab Kassam, who was killed in an attack in Afghanistan on March 20, reads a statement to the media on the life of his sister and the family's response to her death. JEFF MCINTOSH/THE CANADIAN PRESS

Kassam. Brother of Calgarian slain in Afghanistan by Taliban refuses to be cowed by those behind shooting



BRYAN WEISMILLER
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The brother of a Calgary woman killed by Taliban militants denounced the actions of "the men who hide in the shadows" on Thursday.

Dr. Karim-Aly Kassam told reporters that his family bears no malice against the people of Afghanistan and grieves with the family of those behind the shooting rampage at a high-end hotel in Kabul.

But, as his family waits for Zeenab Kassam's body to come home Friday, Karim-Aly delivered a message to those who orchestrated the attack.

"You have wounded us but you have not intimidated us," he said. "You will never in-

Details

- Zeenab Kassam was born in 1957 in East Africa and her family moved to Calgary in the early '70s to escape intolerance.
- On March 20, Zeenab was among those killed at the Serena Hotel, which is Afghanistan's only five-star hotel. It holds a reputation for high security.
- Zeenab is being remembered for her lifelong passion for nursing. And, on a more personal level, her brother raved about her singing, sculpting and ballroom-dancing abilities.

timidate us.

"You use fear, hate and brute force to bring about death. We choose empathy, knowledge and hope to secure life."

Nine unarmed civilians

were gunned down at the luxury Serena Hotel last week, near the presidential palace. It's been reported the gunmen were teenage boys.

Zeenab Kassam, 57, had spent the past 18 months volunteering in the volatile region where she taught English and sought improved communication between citizens.

Her brother was told Zeenab had been celebrating spring with another Canadian, Dr. Roshan Thomas, when the insurgents struck.

Karim-Aly heard from a first-responder: "The wound was so great and so grave that he did not feel she suffered ... and that is a relief to us."

Asked how he felt about the men in the shadows, Karim-Aly told reporters he was focused on turning that anger to reflect the positive values his sister embodied.

"That anger needs to be controlled and directed."

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Survey. Edmonton and Calgary mayors, councils riding 'wave of popularity'

Nearly three-quarters of people living in Calgary and Edmonton approve of the job their mayors are doing, according to a new survey that also finds majority support for the councils in each city.

Calgary Mayor Naheed Nenshi enjoys a 71-per cent approval rating, according to the survey results, while Edmonton Mayor Don Iveson saw a 70-per cent approval rating.

"The two mayors' numbers are very enviable," said Marc

Henry, president of ThinkHQ, the company that carried out the survey via an online research panel March 10-16.

Calgary city council as a whole, meanwhile, had the approval of 60 per cent of survey respondents while Edmonton's council enjoyed 58 per cent approval.

Paul Fairie, who teaches municipal governance at the University of Calgary, said the numbers are consistent with previous surveys of public opinion over the past several years.

"Every time they've taken polls in Calgary since 2010, the mayor and council have done quite well," he said.

The survey results come with a margin of error of plus or minus 4.2 percentage points in Calgary and 4.9 percentage points in Edmonton, according to ThinkHQ.

Nenshi won the October 2013 municipal election with 74 per cent of the vote, while Iveson won Edmonton's mayoral race with 62 per cent of the vote. **ROBSON FLETCHER/METRO**



Mayor Naheed Nenshi earned the approval of 71 per cent of Calgarians in a recent survey. **METRO FILE**

Transit mechanic reels in phone with makeshift rod



It was Backyard Mechanics 101 for Calgary Transit technician Richard Dale, who used a pry bar wrapped in duct tape to retrieve a customer's cellphone. **BRYAN WEISMILLER/METRO**

From Hazard to hero.
Passenger praises duct-taped device



BRYAN WEISMILLER
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In the bus barns, he's affectionately known to his fellow mechanics as "Hazard."

But to the customer who dropped a cell phone into an unreachable nook of a Calgary Transit bus, Richard Dale could be known by another H-word: hero.

Dale is being recognized for his MacGyver-meets-Red-Green brand of ingenuity in retrieving

They call him Hazard

"Well, I've had stuff happen ... a few scars."

Richard Dale, on his nickname.

one of many items left between bus seats.

In the madcap case from last week, the perturbed passenger reported their phone was stuck in a compartment behind the driver's seat. However, it seemed hopelessly out of reach.

That's where the duct tape-toting Dale comes in.

Instead of wasting time by yanking out the seats back at the garage, the crafty repairman wrapped a pry bar with a mass of every handyman's secret weapon.

With his makeshift lure, Dale was able to fish out the phone — in minutes, not hours.

"There's some times you can't buy a tool to fit the job — so you make it," he said Thursday.

The phone was returned to the customer later that day.

As for Dale's dubious nickname? That part of the story remains relatively unclear.

"Well, I've had stuff happen ... a few scars," he said with a chuckle.

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Anders. Candidate made 'misleading' phone calls

Conservative party officials have chastised Tory MP Rob Anders for what they say were misleading phone calls placed during a heated nomination battle — a pointed message that they want the race to be fair and open.

Anders' campaign for the nomination in Calgary-Signal Hill placed calls to party members last week that might have left the impression they were calling from rival Ron Liepert's campaign.

Liepert, a former provincial cabinet minister challenging Anders for the Conservative nomination, lodged a complaint with Elections Canada earlier this week.

The Canadian Press obtained a letter sent to Anders by the selection committee, a powerful body that has the final say over who gets to run for the party.

"The NCSC has concluded that the script used by your campaign was inappropriate and misleading and should not have been used," said the letter, sent Thursday.

Anders would not com-

Privacy

Liepert said he wanted to keep any discussions he's had with the party private. "If the party chooses to make any comment relative to our concerns that were expressed — I will leave it up to them to make the comment," said Liepert.

ment directly on the letter, but said he sees a difference between the party's stance and what Liepert has said about the calls.

He said he still intends on taking Liepert to court for what he has said about the issue, and points out that some of the calls made last week also asked whether the person was supporting his campaign.

"Mr. Liepert's intention was to go ahead and distract from the endorsement from the prime minister," Anders said.

THE CANADIAN PRESS

ARE THERE ANY PC CANDIDATES WHO CAN INSPIRE ALBERTANS?



IN DEFENCE OF
Mike Morrison
calgary@metronews.ca

Quoted

Going through the current roster of rumoured names reads like a who's who of exactly who you think would run, but wish they wouldn't.

Ever since Alison Redford walked down the steps of Alberta's legislature and resigned, speculation has been running rampant about who the next PC leader, and premier of Alberta, will be.

One name that keeps resurfacing as a potential candidate is Calgary Mayor Naheed Nenshi. And why wouldn't it? He's popular, well-liked and trusted. While I don't think he's officially ruled anything out, he did just get re-elected and he's got a good gig as this city's mayor.

While Nenshi may not vie for the job, that doesn't mean that someone like him shouldn't. Going through the current roster of rumoured names reads like a who's who of exactly

who you think would run, but wish they wouldn't. Where's the excitement? Where's the wild card? Where are the fresh ideas, the excitement, the hilarious and sometimes biting Twitter accounts?

Would being an unconventional candidate be a hard road in Alberta? Absolutely. That's why hardly anyone ever does it. But if the elections of Mayor Nenshi and Edmonton's Mayor Don Iveson are signs of anything, it's that Albertans have changed. If you're smart, can back your ideas up with facts and can interact with voters on a normal level, I really do think you'd stand a shot.

The reason why Mayor Nenshi was so appealing back in 2010 was because there was no one like him. He represented the new Calgarian; he was someone that we had never seen before. Both the city of Calgary and the province of Alberta are unique in that their demographics are constantly changing and evolving.

So where's the candidate for premier that represents the values of the modern Albertan? Right now it's tough to pick one from the perceived list of front runners. No one inspires me the way Nenshi seemed to inspire thousands of Calgarians in 2010 and 2013.

So why can't that happen

at the provincial level? I believe it can, but it will take someone in the PC party who is brave, energetic and innovative.

If Alison Redford's resignation taught me anything, it's that there are a lot of people making decisions about the future of the province, even though we didn't vote for them.

If you think that you're the person that so many of us are looking for, then I'll be the first to vote for you in September. Right after I get a PC membership.

MIKE MORRISON TWEETS FROM @MIKEBLOGGITY AND TALKS ABOUT HIS VIEWS ON FRIDAY MORNINGS ON KOOLFM.

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Bikers. Warlocks arrested in Drayton Valley

The Alberta Law Enforcement Response Team (ALERT) has laid charges and seized drugs, cash and weapons from members of the Warlocks motorcycle club in Drayton Valley.

Six rifles (including two prohibited), a loaded handgun, 273 rounds of ammunition and other weapons were seized on March 21 as part of the police case, along with one kilogram of marijuana and over 200 prescription pills at a home police say is associated with the Warlocks. Police say \$6,150 in cash was also seized.

"Drayton Valley is encouraged by the recent progress shown by law enforcement

Drug and weapons charges

The group of eight face a total of 77 charges. Edmonton Combined Forces Special Enforcement Unit, with the assistance from RCMP Drayton Valley, RCMP Emergency Response Team, and Edmonton Police Service members were involved in the investigation.

in addressing the problems which outlaw motorcycle gangs have brought to our community," said Drayton Valley Mayor Glenn McLean in a release. **METRO**

Lights out

Shut it down for Earth Hour

The City of Calgary is shutting off many of its lights this weekend.

Earth Hour, a worldwide event to raise awareness of

energy use, goes March 29 from 8:30 to 9:30 p.m. The city will be turning off lights at a number of different locations. Non-essential lighting will be extinguished at several municipal buildings, including all fire stations.

METRO

Don't burn cash, donate it, campaign urges

Radio station rebuke.

AMP's Ultimate Social Media Experiment contest has generated international outcry



JEREMY NOLAÏS
jeremy.nolais@metronews.ca

Why burn it — or even bank it — when you can give it?

That's the question being posed by a pair of friends now attempting to turn controversy over a contest staged by AMP Radio that saw \$5,000 incinerated into charity.

The station had asked listeners to vote on whether the funds should be burned or banked — they chose the latter. Now, a vote is ongoing that will determine whether \$10,000 will also be torched.

To donate:

Head to indiegogo.com/projects/the-ultimate-social-experiment or metronews.ca/calgary. Supporters can also download the Goodpin app on their smartphones and donate to Inn from the Cold. You can also follow the experiment's co-ordinators on Twitter @YYCGivesIt

But Evan Wilson and good friend Derek Hovinga said widespread criticism of the contest — even major European news outlets have picked up the story — has quickly cast a negative light on Calgary.

"It was embarrassing — I'm from the Maritimes and I was getting texts from people back home about this," Wilson said. "People have this preconceived notion of Calgary and this kind of plays into their worst



Derek Hovinga, left, and friend Evan Wilson hope to raise \$5,000 for Inn From the Cold. JEREMY NOLAÏS/METRO

thoughts."

Wilson and Hovinga got to chatting with friends and someone suggested that AMP's endeavour be turned on its head and an effort be launched to raise money for a city char-

ity. They decided to launch the Ultimate Social Experiment, an Indiegogo fundraiser that aims to provide \$5,000 in donations to emergency shelter and housing-assistance provider Inn From the Cold.

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Fired cop won't get job back

Bad behaviour. Court of Appeal upholds Law Enforcement Review Board's decision

A former army sniper fired from the Edmonton Police Service for misconduct that included urinating on another officer has lost a chance to save his job.

The Alberta Court of Appeal has ruled that a review board's decision to uphold Rob Furlong's firing for misconduct was acceptable.

The Law Enforcement Review Board ruled last summer that it was reasonable for police to fire Furlong for bad behaviour during a training event after a night of heavy drinking.

Furlong, a decorated veteran of the war in Afghanistan, had argued before the Appeal

Court that the review board applied an unfairly high review standard. He also questioned whether his firing was consistent with punishments in other serious police misconduct cases.

The Appeal Court ruled the board made no reviewable errors in its decision.

"Upon a review of the decision of the presiding officer, it is clear that he considered and weighed all of the relevant factors," the Appeal Court wrote in its judgment released Thursday. "He came to a decision that fell within the range of acceptable outcomes and was defensible in respect of the facts and the law."

"The fact that the appellant disagrees with the weight that the presiding officer gave to these factors does not make his decision on sanction unreasonable." **THE CANADIAN PRESS**

Mobile app. PayLab makes buying candy with your cell a breeze

For years, consumers have been hearing that cellphones will replace coins to pay for things like candy bars and soft drinks from vending machines, but so far the technology has yet to be broadly implemented in Canada.

Mike Gron, founder of Calgary's PayLab Networks, believes his startup has solved the mobile-payment riddle, getting past both the technological problems and issues with merchant fees that have hampered other companies' attempts in the past.

"If you buy a can of Coke

and the merchant fee is 50 cents, it doesn't really make a lot of sense," he said. "We've structured something that's a win-win for both the consumer and the merchant."

PayLab has developed both a mobile app and a piece of hardware to be installed in vending machines.

Consumers would simply need to open the app and wave their phone in front of the device's camera to buy an item, Gron said.

He plans to launch the products next month.

ROBSON FLETCHER/METRO



Calgary's PayLab Networks has developed this camera-based device to install in vending machines that couples with a mobile app to let customers pay by cellphone. **CONTRIBUTED**

Three charged

Investigation nets \$94K in drugs

Calgary police have charged three men in connection with an alleged "dial-a-dope operation."

Members of the police drug unit spent eight months investigating trafficking of MDMA, ecstasy, marijuana and cocaine.

In all, more than 900 grams of MDMA, 355 grams of cocaine and 400 grams of marijuana was seized in the investigation. Police said the drugs have an estimated street value of \$94,000.

Tyler Scott Haday, 24, Kristopher James Rae, 25, and Daniel Eric Theriault, 26, face more than 30 charges. **METRO**

Band reunites

Fleetwood Mac coming to Calgary

Fleetwood Mac is set to return to Calgary on Nov. 14 with the whole band intact.

Event promoter Live Nation announced Thursday that the Scotiabank

Saddledome will be among the venues the classic-rock band will hit on their On With the Show Tour later this year.

Christine McVie will be re-joining bandmates Mick Fleetwood, John McVie, Lindsey Buckingham and Stevie Nicks for the tour.

METRO

Data collection

Census takers out starting April 1

City census takers will be pounding the pavement scooping up info on Calgarians, including number of residents, children and school system support in their door-to-door campaign around the city.

This year the city will also be asking which mode of transportation you use to get to work.

Census takers will be using mobile tablet devices to collect data, and they will be sporting City of Calgary photo-ID badges.

The census information collected will be available approximately three months after the census completion.

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WHO declares 'victory' over polio in India

'A day that we have dreamt about.' Once considered all but an impossibility, the country is now officially free of the 'dreaded disease'

The scourge of polio ends in India with a four-year-old girl, Rukhsar Khatoon, who became ill as a baby after her parents forgot to get her vaccinated.

Her barely perceptible limp the only lingering sign of the disease, Rukhsar was the last person to contract polio in the nation of 1.2 billion people.

The World Health Organization formally declared India polio-free on Thursday, after three years with no new cases.



A man tends to his polio-affected son in New Delhi Thursday. The WHO has formally declared India polio-free, with no new case of the disease detected in the country in the past three years. MANISH SWARUP/THE ASSOCIATED PRESS

It said the milestone means the entire Southeast Asian region, home to a quarter of

the world's population, is considered free of the disease.

Being declared polio-free

once was considered all but impossible in a nation hobbled by corruption, poor sanitation

and profound poverty. Although the disease could return, eradicating it is a landmark public health achievement.

This is "a day that we have dreamt about," said Poonam Khetrpal Singh, a WHO official at a ceremony in New Delhi to declare the entire Southeast Asian region free of the disease. Singh described it as "a day that all countries fought hard for, and a day when all stakeholders come together to celebrate the victory of mankind over a dreaded disease."

Polio is a vaccine-preventable disease that has been eradicated in most countries. But it still causes paralysis or death in some parts of the world, including Nigeria, Pakistan and Afghanistan. Children younger than five are especially vulnerable to the disease. **THE ASSOCIATED PRESS**

Health

Morning-after pill to come with weight warning

Emergency contraceptive pills known as the morning-after pill will soon carry new warnings about reduced effectiveness in women weighing more than 165 pounds.

Health Canada has asked companies to add warnings to packaging advising that the pills are less effective in women weighing 165 to 176 pounds and are not effective in women weighing more than that.

Women who weigh 165 pounds or more are advised to ask a health professional for advice on alternative methods of emergency contraception.

The morning-after pills available without prescription in Canada are Next Choice, Norlevo, Option 2 and Plan B. The drugs are taken by women up to 72 hours after unprotected sex or a contraceptive accident.

They have no effect if a woman is already pregnant.

THE CANADIAN PRESS

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Rover prototype tested at 'Mars Yard' ground

It looks like a giant sandbox — except the sand has a reddish tint and the “toys” on display are very expensive prototypes designed to withstand the rigours of landing on Mars.

The European Mars rover unveiled Thursday at a Mars Yard testing ground in Britain is designed to drill beneath the surface of the Red Planet searching for signs of life. It's

been dubbed Bryan by its creators; earlier versions were named Bridget (clad in gold material that makes it look like a garish dune buggy) and Bruno.

The plan is to develop an autonomous robotic vehicle that can be launched in 2018 as part of the European Space Agency's ExoMars program, an ambitious plan that begins in 2016 with the launch of a

Mars orbiter and demonstrator landing module.

The goal is to bring samples of Mars back to Earth by the 2020s.

The rovers being developed at the Airbus Defence and Space facility will be able to drill for samples and “feed” them into an onboard laboratory. The information gleaned can then be sent back to Earth.

The data transmissions could even contain proof that living organisms on Mars had been found, said Abbie Hutty, an engineer charged with helping to make the rover tough enough. The rover's drill is designed to penetrate two metres beneath the surface, probing an area shielded from radiation and containing water deposits.

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Flight Lt. Jayson Nichols looks at a map as he flies aboard a Royal Australian Air Force Flight MH370 over the southern Indian Ocean, Thursday. Planes and ships searching for

MICHAEL MARTINA-POOL/THE ASSOCIATED PRESS

Spotters play in search for

Hunt for Flight 370. Eyes can spot things man-made equipment can't — but they also can play tricks

They stare out at a punishingly unbroken expanse of grey water, their eyes darting up and down, left and right, looking for something, anything, that could explain the fate of the missing Malaysia Airlines plane.

The hunt for Flight 370, which vanished on March 8 during a trip from Kuala Lumpur to Beijing, is complicated in just about every way imaginable, from the vastness of the search area to its distance from land to the brutal weather that plagues it. But for all the fancy technology on board the planes and vessels scouring the swirling waters, the best tool searchers have are their own eyes.

But those eyes are also subject to the peculiarities of the human brain. They can blink at the wrong moment. They can, and often do, grow weary.

“It is incredibly fatiguing work,” says Flight Lt. Stephen Graham, tactical co-ordinator for the crew on board a Royal

New Zealand Air Force P-3 Orion.

Search and rescue makes up a small part of what Graham's squadron does, and visual spotting is an even smaller subset of that. But everyone on board has had to learn how to do it — and it's not as simple as most people think. Graham learned as part of a yearlong training stint in Canada, and has had ongoing training since.

Crew members have to know what they're doing, because the electronic equipment on board sometimes doesn't. No one on board is a designated spotter; everyone rotates positions, which is the best weapon against fatigue. Thirty minutes in the seat is ideal, but they can go up to an hour. Longer than that, Graham says, and effectiveness starts to wane.

The weather further complicates their jobs. When it's calm and the seas are glassy, anything unusual is easy to spot. When the wind is up and the waves are high, the added motion and colour from the whitecaps are a distraction. The speed of the aircraft, too, means there is little time to verify what an object is before it has slipped from view.

Such factors have made



AP-3C Orion aircraft during a search operation for the missing Malaysian Airlines debris failed to find any on Thursday before bad weather cut their hunt short.

a key role aircraft

Search continues

Many clues but no luck hunting them down

The clues keep piling up: more mysterious objects spotted in the southern Indian Ocean, perhaps part of the missing Malaysian airliner, perhaps not.

Strong winds and fast currents make it difficult to pinpoint where they are right now, and stormy weather Thursday again halted the hunt by air and sea for evidence of debris fields. The search for the plane that disappeared March 8 has yet to produce a single piece of debris — not to mention the black boxes, which could solve the mystery of why the jet

flew so far off-course.

Japan said it provided Malaysia with information from satellite images taken Wednesday showing about 10 objects that might be debris from the plane in the same general area as the 122 objects spotted by a French satellite on Sunday.

Muddying the picture perhaps, a Thai satellite revealed about 300 objects about 200 kilometres to the southwest of the items seen by the Japanese and French satellites. The photos were taken Monday, one day after the French and two days before the Japanese.

Heavy rain, wind and low clouds caused the Australian Maritime Safety Authority to pull back all 11 planes scheduled to take part in the search Thursday. Five ships continued the hunt. **THE ASSOCIATED PRESS**

the hunt for Flight 370 a logistical nightmare. On several occasions, planes and ships trying to get a closer look at objects that another plane has spotted earlier have failed to find them.

The search for Flight 370

remains a huge, complex mission, but for Graham, it's not an impossible one. They have hunted for tiny targets across massive areas before. And sometimes in the haystack, the needle emerges.

THE ASSOCIATED PRESS

Transgender victims

U.S. cops to get training to work with community

The U.S. Justice Department launched a program Thursday to train local police departments to better respond to transgender individuals, a population authorities say is disproportionately harmed by

violence. The new initiative is aimed at helping police identify hate crimes and build trust with a community that law enforcement officials say is too often reluctant to report crimes.

The initiative comes as police departments face scrutiny over their responsiveness to crimes against transgender people.

THE ASSOCIATED PRESS

WikiLeaks

Manning asks U.S. general for clemency

Convicted leaker Chelsea Manning is asking Military District of Washington commander Maj. Gen. Jeffrey Buchanan to reverse her conviction and 35-year prison sentence for sending reams of classified informa-

tion to WikiLeaks.

There is no prescribed deadline for his decision.

Defence attorney David Coombs says the clemency filing includes more than 6,000 letters from supporters of the private previously known as Bradley Manning, and an Amnesty International petition with nearly 39,000 signatures.

THE ASSOCIATED PRESS

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Support lowest in North Africa for women's equality: Poll

Afrobarometer poll.
Disparities across
continent highlighted

Attitudes toward women's equality are dimmer in North Africa than in the rest of the continent, according to a new poll of about 50,000 people across 34 African countries.

The Afrobarometer poll, conducted in 2011-13 and released Thursday, found women are at a disadvantage compared to men across Africa, but support for women's equality is growing.

Those polled in the predominantly Arab Muslim north gave the lowest level of support for equality and described the highest frequency of discrimination.

North Africa in general reports greater wealth and higher levels of economic development than the rest of the continent.

Yet, while 68 per cent of respondents across Africa felt women could be leaders, that figure was 50 per cent in North Africa, where people in Algeria, Egypt, Morocco, Sudan and Tunisia were interviewed.

In eastern and southern Africa, nearly three-quarters of those polled felt men and women should have equal opportunities. In North Africa, only 50 per cent thought so.

The education gap between men and women was also the largest in North Africa, even though the overall education levels there were higher than elsewhere on the continent.

THE ASSOCIATED PRESS



Women protest in support of Amina Filali, who committed suicide in March 2012, in front of the Moroccan parliament in Rabat. A poll of 50,000 people across 34 African countries finds attitudes toward women's equality are dimmest in the predominantly Muslim north. ABDELJALIL BOUNHAR/THE ASSOCIATED PRESS FILE



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CATCHING DREAMS

Day 1: the Problem

Day 2: the Plan

Day 3: the Promise

Upheaval is coming for First Nations schools. The federal government is planning to invest nearly \$2 billion into the neglected system and give communities more control over their own education. Metro travelled to two on-reserve schools to document their condition, the details of the plan and why many people say the proposed changes may be their kids' last chance.

Feds set course — but not date

The road to the First Nations Control of First Nations Education Act has been a hard one.

After four years of dialogue, national outcry from indigenous people and a failed first draft, the federal government says it is finally on track to improving Canada's on-reserve education.

Shawn Atleo, national chief of the Assembly of First Nations, condemned the original First Nations Education Act in November 2013.

In an open letter to Bernard Valcourt, minister of Aboriginal Affairs and Northern Development Canada, Atleo explained the document was "not acceptable" for First Nations in Canada.

Atleo said indigenous people need control over education, statutory funding, language and culture classes, no unilateral federal oversight and ongoing dialogue.

While critics of the draft say the federal government wasn't hearing what First Nations people were saying, Valcourt insists he heard them loud and clear.

"After we got the draft bill out, that's when the chiefs

and the assembly considered the draft and outlined what they believed were the conditions necessary to ensure the success of an education system," he said.

But while Valcourt said the changes are historic, it may be a while before Canadians see them.

"That work is taking place as we speak and we have no timeline in terms of when this will be ready, but it is important that we continue the dialogue with First Nations."

Atleo said the commitments made by the federal government are a step in the right direction. "They put resources on the table," Atleo said in a recent interview.

Both Atleo and Valcourt said the road ahead would be challenging but worth it.

"This is for the benefit of the whole country," said Valcourt. "The First Nation leaders and chiefs and councillors I've talked to on reserve, they all want to be a part of a successful Canada, of a Canada where there is an opportunity for everyone provided that they have the tools — and this is a fundamental tool that

Success stories

There are a few notable exceptions to the lacklustre First Nations education system in Canada.

- **British Columbia.** Indigenous communities have worked with the government on a unique system since the '90s. Their education authorities are providing a foundation for the federal proposals. Students can move seamlessly between First Nations and public schools.
- **Nova Scotia.** Mi'kmaw Kina'matnewey earned the right to control its education in 1999 and incorporates culturally sensitive curricula and indigenous language immersion. In the 2012-13 school year, it reported an 87.7 per cent high school graduation rate.

they badly need."

MORGAN MODJESKI/METRO IN SASKATOON, WITH FILES FROM JACOB MORGAN

Making moving



Grade 4 teacher Myra Laponsee with her students at Sturgeon Lake Central School. While some teachers at on-reserve put forward by the federal government, others say it may be a step in the right direction to restoring First Nations culture.

Reclaiming what was lost. Teachers united in call for government to repair damage to native culture — but split on their current attempt



MORGAN MODJESKI
Metro in Saskatoon

Want to know the impact of the funding deficit on aboriginal culture? Just ask a teacher.

Educators at two First Nations schools in central Saskatchewan say the federal government needs to do much more to teach on-reserve stu-

dents about their history and culture.

They argue a lack of funding is denying students a chance to learn about First Nations traditions and languages, which were repressed and almost lost through Canada's residential schools system.

"They lost a part of themselves," says Grade 1 teacher

Karen Rondeau, speaking in her small classroom at the Sturgeon Lake Central School, which serves the Sturgeon Lake First Nation.

"To make themselves whole again, they need their culture; they need their language; they need their traditions to be proud people and move on," Rondeau says. "(The Federal Government) took it away, so why not give it back?"

Through the First Nations Control of First Nations Education Act, Prime Minister Stephen Harper plans to release \$1.252 billion in additional

do, on



schools are skeptical about the First Nations Control of First Nations Education Act
MORGAN MODJESKI/METRO IN SASKATOON

core funding for First Nations education over three years, starting in 2016. This, Harper says, would allow communities to "incorporate language and culture programming."

But with little information on how the money will be distributed, some, like Charlene Constant, who teaches Grade 1 at Bernard Constant Community School on the James Cree Nation, are skeptical.

"It sounds like a big number," she says. "But once you break that down to all the bands in Canada and it goes through whoever it needs to

go through ... it's not going to be enough."

Myra Laponsee, who teaches Grade 4 at Sturgeon Lake Central School, feels the bill is a step forward in restoring First Nations traditions.

"I know it's really difficult to get (our culture) back, but it's possible; it's absolutely possible," she says.

"Right now, what they're trying to do, as First Nations people, it's only going to benefit us. It's not the government writing it for us this time, the way they did back then. It's us writing our own education act."

Giving kids a sporting chance

For some students in Canada, access to sport and athletics is as simple as putting their name on a sign-up sheet.

For some students on First Nations reserves, the thought is a pipe dream.

For the last five years, Blair Sands has taught physical education at Bernard Constant Community School on the James Smith First Nation in central Saskatchewan. He says his students are missing out on opportunities to nurture their athletic abilities and their future.

"There's no doubt in my mind that sports have a positive impact on young people," said Sands, as students zip by on small scooters in the gym. Working with community



Blair Sands, the phys-ed teacher at Bernard Constant Community School, has started fundraising through a non-profit booster club to ensure his students have access to sports. MORGAN MODJESKI/METRO IN SASKATOON

members, parents and administrators, Sands started a non-profit booster club to raise

funds for the school's athletics program, as his budget for the 2013-14 school year was

set at roughly \$500.

"You can lower crime rates and you can lower drop-out rates if you have the right programming and the right people," he says.

Sands says they've raised roughly \$20,000 in equipment and cash through provincial grants and contributions.

"If (youth) are in a sports program, they're not getting into trouble because they're playing volleyball, they're playing hockey or they're on the gym mat," he says. "I'm not a gambling man — but the odds are against you if you don't have positive things to influence your life, coaching and sports included."

MORGAN MODJESKI/METRO IN SASKATOON

Beating the odds



JACOB MORGAN
Metro in Saskatoon

Athletics may well have saved Erralyn Thomas's life.

Thomas, the B.C. youth representative for the Assembly of First Nations, hails from the Snuneymuxw First Nation, located on the southeast part of Vancouver Island.

The 27-year-old says her school was the size of a trailer and sat between a railway

and a highway.

"We had to turn people away," says Thomas. "It's not really safe." The graduation rate, she added, was around 40 per cent at the time she finished high school.

Her parents were alcoholics and left when she was 11 or 12, leaving her and her brother with their grandparents, who were residential school survivors.

"That affected their parenting," she says.

But Thomas found solace in sport. Her high school coaches took a personal interest when she was in trouble.

"I was out on the streets from 13 to 16, and so mentors and my coaches ... helped me get here," she says.

Thomas earned a lacrosse scholarship to Niagara University and played in the 2009 women's lacrosse World Cup. Today, she is a law student at the University of British Columbia.

On the web



- 1 Audio slideshow.** Keeping a language alive
Go online for a snapshot of a Cree language course and find out how some teachers are trying to reintroduce their students to a culture almost lost.
- 2 Residential schools.** Some wounds don't heal
Head to metronews.ca to hear the story of Howard Walker, an elder who survived the residential schools system, and why he will never trust the Canadian government.



North Korea. No signs that students ordered to get Kim Jong-un haircuts

North Korean leader Kim Jong-un's distinctive hairstyle is the 'do of the day on the Internet, thanks to a viral report that every male university student in the capital is now under orders to get a buzz just like it. But it appears the barbers of Pyongyang aren't exactly sharpening their scissors.

Recent visitors to the country say they've seen no evidence of any mass haircutting. North Korea watchers smell another imaginative but uncorroborated rumour.

Wide interest in the reports reflect the fascination the outside world has had with the



North Korean leader Kim Jong-un
THE ASSOCIATED PRESS FILE

unique hairstyles of both Kim Jong-un and his father, the late Kim Jong-il, who had a one-of-a-kind bouffant.

THE ASSOCIATED PRESS

Violation of privacy

French magazine fined over photos showing president with actress

A French court has ordered a gossip magazine to pay 15,000 euros for publishing photos of what it said was a helmeted President Francois Hollande visiting an actress for a secret tryst.

Hollande broke up with his partner Valerie Trierweiler within days of the publication in Closer magazine in January. He has never denied an affair with actress Julie Gayet.

Gayet sued the magazine for violation of privacy. **THE ASSOCIATED PRESS**

Nuclear safety agency

Container in radioactive scare was improperly secured

Cylinders carrying radioactive material fell during unloading in Halifax because one end of a shipping container they were in wasn't properly secured to a crane, Canada's nuclear safety agency says.

Four steel cylinders encased in concrete and each weighing 4.5 tonnes fell into the cargo hold of a ship during unloading at the Cerescorp container terminal on March 13.

THE CANADIAN PRESS

IMF offers Ukraine up to \$18 billion in loans

New government. It finds itself caught between the demands of international creditors and a restive population

Western nations rushed to help Ukraine on Thursday, with the International Monetary Fund pledging up to \$18 billion in loans, the UN condemning the vote that drove Crimea into Russian hands and the U.S. Congress considering even harsher sanctions against Russia.

Yet even with such intensive help to prop up Ukraine's teetering economy, the prime minister warned that all residents are going to feel pain from the necessary financial reforms ahead — and home energy prices are certain to rise quickly.

Necessary change

'Kamikaze government'

The reforms demanded by the IMF — which included raising taxes, freezing the minimum wage and hiking energy prices — will hit households hard and are

And if that wasn't enough, former Ukrainian prime minister Yulia Tymoshenko — one of the country's most polarizing figures — said she will run for president in the May 25 vote. The announcement is sure to usher in strong emotions in Ukraine's turbulent politics.

Russia, for its part, shrugged off the spotlight that was on Ukraine and the torrent of criticism directed at its annexation of Crimea. President Vladimir Putin's government announced it would set up its own payment system to rival Visa and MasterCard after the two companies pulled their services from some Russian banks in the wake of international sanctions.

Speaking in Rome, U.S. President Barack Obama called the swell of support a "concrete signal of how the world is united with Ukraine."

THE ASSOCIATED PRESS



Former Ukrainian prime minister Yulia Tymoshenko speaks during a press conference in Kyiv, Ukraine, Thursday. Tymoshenko announced on Thursday she will run for presidential elections set for May 25.

SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

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'St. Barack' has a nice ring to it, doesn't it?

Pope Francis and U.S. President Barack Obama share a laugh as they meet at the Vatican on Thursday. Obama called himself a "great admirer" of Pope Francis, considering the pontiff a kindred spirit on issues of economic inequality. Their historic first meeting comes as Obama's administration and the church remain deeply split on issues of abortion and contraception. GABRIEL BOUYS/THE ASSOCIATED PRESS

U.S. estimates 1 in 68 children has autism

The U.S. government increased its autism estimate on Thursday to 1 in 68 U.S. children.

That's a 30 per cent jump from the last federal estimate of 1 in 88 children with autism or a related disorder. The latest calculation means autism is more than twice as common as officials said it was just seven

years ago.

But health officials say the new number may not mean autism is occurring more often. Much of the increase is believed to be from a cultural and medical shift, with doctors diagnosing autism more frequently, especially in children with milder problems.

There are no blood or

biologic tests for autism, so diagnosis is not an exact science. It's identified by making judgments about a child's behaviour.

This latest estimate by the Atlanta-based Centers for Disease Control and Prevention means autism affects roughly 1.2 million U.S. children and teens.

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Qatar. U.S. couple get 3 years in jail – accused of starving daughter to death

An American couple charged with starving their eight-year-old adopted daughter to death in the Gulf Arab country of Qatar was sentenced Thursday to three years in prison, a verdict that stunned and shocked the family, according to their lawyer.

The prosecution had demanded the death penalty, alleging that Matthew and Grace Huang had denied food to Gloria and said she was locked in her room at night. The girl was pronounced dead when the Huangs took her to

the hospital in January 2013.

The Huangs say their adopted daughter, who was born in Ghana, died of medical problems complicated by unusual eating habits that included periods of bingeing and self-starvation. Defence witnesses have testified that the girl appeared healthy and active just days before her death.

The Huangs' lawyer said the judge hastily quickly read out the sentence and failed to say what the couple was guilty of. He said he would appeal.

THE ASSOCIATED PRESS

Man posed as female

Rapist sentenced to death in China

A Chinese court has sentenced to death a rapist who posed as a female on online social networks to lure 16 schoolgirls to meet him, the Xinhua News Agency reported Thursday.

He raped the girls in hotels.

Wang Yong, 40, was sentenced earlier this month for raping the girls aged 12 to 16 starting in 2009.

The court in Wuhu city also sentenced Wang's accomplice, a 16-year-old girl, to three years in prison. She lured the younger girls.

THE ASSOCIATED PRESS

Inmate released after nearly half century on death row



Hideko Hakamada, sister of inmate Iwao Hakamada, is all smiles at a press conference in Shizuoka, Japan, Thursday, after the district court decided to reopen a high-profile murder case in which her brother, inset, has been on death row for 45 years. KYODO NEWS/THE ASSOCIATED PRESS

Guinness World Record.

45 of his 78 years in prison were on death row, making Hakamada the longest-serving such inmate

The world's longest-serving death-row inmate was freed Thursday by a Japanese court which found investigators had likely fabricated evidence in the murder case that put the former pro boxer behind bars for nearly half a century.

The Shizuoka District Court suspended the death sentence and ordered a retrial for 78-year-old Iwao Hakamada, who had been convicted in the 1966 murder of a family and was sentenced to death in 1968. Hours later, Hakamada walked out of the Tokyo Detention Center, escorted by his sister, Hideko, 81, who devoted more than half of her life to the legal bat-

Lengthy process

Hakamada was not executed because of a lengthy appeals process.

- It took 27 years for the Supreme Court to deny his first appeal for a retrial. He filed a second appeal in 2008, and the court finally ruled in his favour on Thursday.

tle. Hakamada was convicted of killing a company manager and his family and setting fire to their home, where he was a live-in employee.

The court said Thursday that a DNA analysis showed that blood stains on five pieces of clothing, which investigators said were worn by the culprit during the crime, did not match the DNA of Hakamada, and trousers that prosecutors submitted as evidence did not fit when he tried them on.

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Toronto factory goes up in flames, but no injuries reported

Firefighters battled a six-alarm fire that engulfed a mattress factory in Toronto on Thursday. The initial call came in around 8:30 a.m. and was upgraded to a six-alarm fire shortly before noon involving more than 125 firefighters and dozens of fire trucks. There have been no reports of injuries to civilians, workers or firefighters, according to officials. PHOTO: NATHAN DENETTE/THE CANADIAN PRESS; TEXT: TORSTAR NEWS SERVICE

2 firefighters killed in Boston blaze

Boston residents mourned the deaths of two firefighters killed when a fire driven by strong winds whipped through a brownstone and trapped them in the basement in a neighbourhood just blocks from where nine city firefighters died in a 1972 hotel collapse.

Tributes poured in for Lt.

Edward J. Walsh, a 43-year-old father of three who had almost a decade of experience, and firefighter Michael R. Kennedy, a 33-year-old Marine Corps combat veteran who had been a firefighter for more than six years. The fire union is working with their families on funeral arrangements.

"It's just a lousy time right

now," Fire Department spokesman Steve MacDonald said Thursday.

Thirteen other firefighters were injured in the blaze Wednesday in the city's Back Bay district, and several police officers also were taken to hospitals. Some residents were rescued from the upper floors of the four-story apartment

building, but none were hurt, officials said.

MacDonald said several firefighters remained hospitalized Thursday but he wasn't sure how many. He said nothing has been ruled out regarding the cause of the fire, but officials know strong winds made it much more difficult to fight.

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Building buzz for Lego subscription service for children

Toy story. Play offers toy rentals for kids

Toy rental company Play is laying down Lego foundations for global expansion.

The U.S.-based startup — dubbed the “Netflix for Lego” — is growing brick-by-brick after receiving millions in investment. Mother of two Elina Furman set up the company to cut the cost and clutter caused by children’s rapid consumption of toys. The 15,000 members of Play can rent and receive door-to-door delivery from a choice of thousands of Lego sets for a fee between \$15 and \$39 US. The founder explains why this venture is providing the educational building blocks for the future.

When did you see the gap in the market?

Eighteen months ago I had an avalanche of toys because of my other job as “A-List Mom” (a children’s advice and ideas website). I thought, how can I manage this and reduce our foot-

print and at the same time give children access to educational toys rather than just cluttering our lives? So I started looking for an opportunity to rent.



What are you trying to teach children?

I’m moving away from the old consumer model based on material possessions and creating a community based on a sharing experience. Children have the responsibility of separating bricks, checking all the pieces are included and thinking about their

ecological footprint. Also, parents want to get their children into Lego because of the cognitive and spatial awareness skills that can be gained by playing with the toy. We see ourselves as not just a rental service but a company that will develop a platform for renting educational toys and leveraging the sharing economy.

Is this as much a green issue as a money-spinner for you?

Yes. We’re saving an immense amount of waste: 200 pounds of EVF plastic and reduced CO2 by 3.9 million pounds. On average, one subscription saves one tree over the course of a membership.

Are you affiliated with Lego?

We’re not affiliated with them. However, we’ve increased brand awareness for Lego. We’re looking to expand into STEM (science, technology education and mathematics) products such as LittleBits, Plus-Plus and Playmobil but not necessarily things like Barbie because we want toys that will inspire children’s imaginations.

METRO WORLD NEWS

Vancouver

Lululemon looks to future after year of sheer madness

Lululemon Athletica Inc. says it plans to get back to “what it does best” by creating great products and engaging customers as it seeks to win back their love and put last year’s missteps behind it.

The Vancouver-based company, which reported a fourth-quarter profit of \$109.7 million on Thursday, roughly in line with a year ago, has had to grapple with the fallout of several setbacks over the past year, including its handling of a problem with its black Luon pants, the fabric of which was sometimes see-through.

THE CANADIAN PRESS
FOR MORE ON THE COMPANY’S RECENT DIFFICULTIES, READ ‘CAN LULULEMON STAY KING OF YOGA PANTS?’ A FEATURE-LENGTH ANALYSIS, ON METRONEWS.CA

Market Minute



DOLLAR
90.65¢ (+0.43¢)



TSX
14,178.84 (-5.26)



OIL
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JUNOS ONLY MISSING ONE THING

1 On the money. Who says being a writer doesn't pay? The Royal Canadian Mint unveiled a silver collector's coin honouring acclaimed Canadian author Alice Munro. The mint's president, Ian Bennett, says the coin is a "beautiful and meaningful keepsake for readers, writers and collectors alike." Know what I consider a meaningful keepsake? Her actual books.

2 The Juno Awards. Has anyone noticed this show getting a lot sexier over the last decade? With all-star guests like Arcade Fire, Michael Bublé and Avril Lavigne hitting Winnipeg like a warm spell, the Junos have become must-see TV. The only thing missing, sadly, is me.

3 J'accuse. The Parti Québécois has alleged that Anglos from outside Quebec are committing voter fraud and trying to "steal" the provincial election. Apparently hundreds of Ontario students have been denied voter registration despite having lived in Montreal for years. To be fair, it's not that they don't want people to vote. They just prefer the ones



THE METRO LIST
Mike Benhaim
metronews.ca

that are likely to vote for them.

4 En Vogue. Kim and Kanye were the "tweet of the town" after this week's Vogue pictorial, but what really struck me upon visiting her profile was the message on my screen that read "Sign up for the Kim Kardashian Newsletter and stay in the know," implying that there's anything about her that we still need to know. #VogueBacklash

5 Attention, Entourage fans. Good news: The long-awaited film version is currently being shot. All original cast members return as the circulating group-selfies confirm, including Sloan, played by homegirl Emmanuelle Chriqui and a huge list of secret celebrity cameos. The bad news? You'll have to wait till summer of

2015. #entouragemovie

6 Kroll Show. In this week's finale, American comic and star of The League Nick Kroll took it to our nation with a Deglassi spoof and other very amusing Canuck-based parodies. Because on the growing list of topics that are now taboo, Canadians are

among the few people you're still allowed to openly mock.

7 #RobtheMob. Amidst all the big-budget films being released, this is one that's generating a remarkable level of positive buzz. After previews, Rob the Mob hits L.A. theatres Friday as this season's sneaky surprise with a solid cast, including Andy Garcia and Boardwalk Empire's Michael Pitt. Punctuating the film throughout are various versions of Stephen Endelman's original song Love and the Gun, a quietly epic retro-anthem sung by soon-to-be revealed secret superstar Tamela D'Amico.

8 Colon Cancer Canada. There's nothing funny about this disease, but their annual Push For Your Tush campaign does inspire a chuckle. Hockey legend Darryl Sittler always participates as his late wife was the inspiration for the fundraiser Wendy Bear. Warning: He's still pretty strong so do not attempt a surprise bodycheck like I did. Especially after he knocks you out the first time. Happening Canada-wide in the month of June, register now. @ColonCancerCDA #PushForYourTush



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ZOOM

This bird's in fine feather



JOHANNES STOETTER/BOURNEMOUTH NEWS/REX FEATURES PHOTOS

Tropical parrot is a painted person

This may look like a typical holiday snap of a tropical parrot, but a closer inspection reveals it is in fact a painted person. The artwork is the latest offering from former world champion body painter Johannes Stoetter, who spent weeks painstakingly planning how he could transform a female model into an exotic bird. **METRO**



A close-up of the artist at work.

Discerning eyes needed to see woman

Despite all the difficulty, Stoetter was satisfied in the end. "I feel very happy with the final work. Most people's reaction is 'nice photo of a parrot, where did you photograph it?'" the artist said. "Even some of my closest friends who know me and my art didn't notice that it is not a real parrot. When they found out, they were really amazed and surprised." **METRO**

Clickbait



TAKARA SMALL
takara.small@metronews.ca

Cash is so passé. The idea of using credit, debit or (god forbid) actual money to buy something is fading out. The future is now full of mobile-swiping and button-clicking to achieve even the simplest of necessities such as food or drinks. Despite the hype surrounding bitcoins, most people seem hesitant about adopting the digital currency. Thanks to the proliferation of smartphone technology, now you can eat and drink without ever having to worry about cards or cash.



CONTRIBUTED

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Eat24:

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Comments

RE: The Reason Canadian Kids Suck At Math? They Aren't Doing It, says Paul Sullivan. Published March 25

This debate seems so 20-years-ago to me. People are even still talking about calculators. The elephant in the room here is the fact that everyone now has access to a super computer.

People graduate from high

school without even being able to model simple physical systems outside some memorized formulas. Things don't get much better in university either. We are in the end going to have to rip out and replace a lot of our current curriculum.

So if things like the "discovery" system don't work, the answer is not to retreat to the old ways. The old ways don't work either.

We need to come up with some new ways...

gggroups posted to metronews.ca

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Synopsis

After a quick recap of Old Testament highlights we meet Noah, the last descendant of Adam and Eve's son Seth. The world he lives in is a dangerous place, ruled by Cain's bloodthirsty bloodline, but Noah (Russell Crowe) and family (Jennifer Connelly, Douglas Booth, Emma Watson, Logan Lerman and Leo McHugh Carroll) live as nature-loving, proto-hippies. That is, until Noah has an—apocalyptic dream. Consulting with his grandfather Methuselah (Anthony Hopkins), he determines The Creator wants him to build an ark and laden it with two of every creature in advance of a great flood that will destroy mankind and the violence they perpetrate. But Noah will have to make some troubling decisions to fulfill God's will.

- Richard: ●●●●●
- Mark: ●●●●●



Russell Crowe and Jennifer Connelly in *Noah*. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN



Crowe floats this boat

Up to the ark. Darren Aronofsky's art-house epic *Noah* rises above its biblical origins

Richard: Mark, the best way I can describe *Noah* is emotionally ambitious. It takes a familiar story and shines a new light on it by highlighting Noah's spiritual quandary. In the film—which takes liberties with the biblical story—he's a vegan prophet who grapples with doing God's will while balancing the needs of all of humanity, particularly his family. The meaning of faith and the consequences of adhering to that faith are the film's main thrust, but as interesting as that is, the mov-

ie feels like one thing when it is addressing the spiritual and quite another—possibly a Lord of the Rings movie—when it is in action movie mode.

Mark: Richard, I queasily bought the transition from religious allegory to action pic because I admired the tone and quality of the movie. I shuddered when I first heard about the picture, but then got interested when I found out Aronofsky was directing. Unlike most biblical epics, the dialogue isn't embarrassing and the lead actor isn't over the top.

RC: It's not your father's biblical epic, that's for sure. This is an art-house epic that filters the story through Aronofsky's impressionistic

style. Some may criticize the movie for not being reverent enough, but I thought he treated the story as a living, breathing thing and not an artifact from another time. But having said that, Aronofsky moves in mysterious ways. He shot the epic almost entirely in close-up, and the flood scene could have used a bit more Cecil B. DeMille.

MB: He also indulged in some sci-fi flourishes I don't remember from the Bible! But I accepted them as part of the world of wonder when the Earth was a pre-prehistoric place. The movie has a strong environmental message and also feels critical of doctrinaire religious fundamentalism. *Noah*, at the end, almost makes a choice that only a deranged religious

kook would make. Speaking of which, what did you think of Russell Crowe?

RC: Crowe's been in a bit of a slump in recent years. The dangerous, complex actor of movies like *Gladiator* and *A Beautiful Mind* seemed to have taken a backseat to the performer who thought making *The Man with the Iron Fists* was a good idea. *Noah* is a nice reminder of Crowe's delicate mix of fearsome masculinity and subtle sensitivity.

MB: I thought he was wonderfully restrained in the part even when he was deranged with fervour. My only complaint is that the movie peaks too soon. I guess there's a bit of a problem with the story... arc.

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Three Days in Havana takes 25 years

New film. Drama filmed in Cuba was quarter of a century in the making

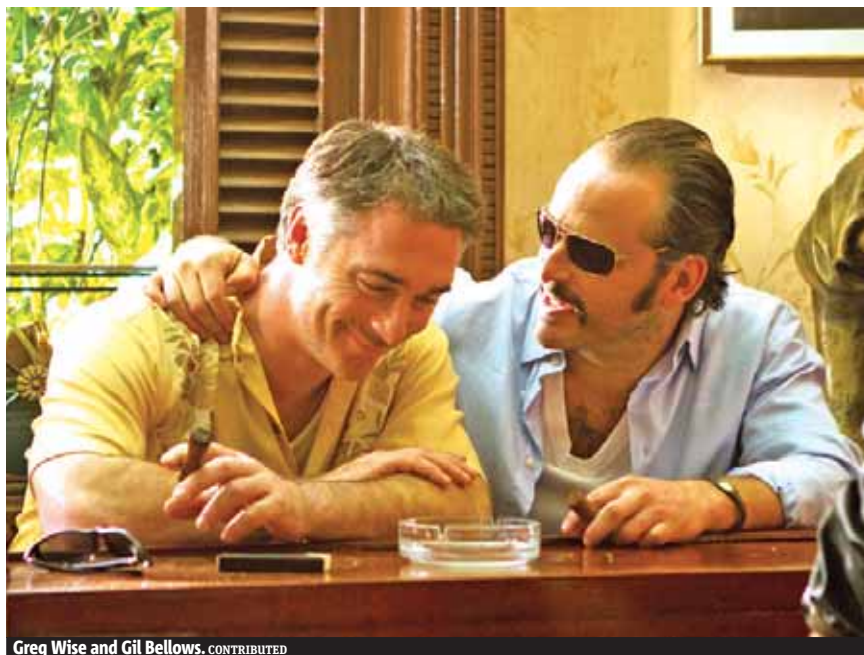
STEVE GOW

scene@metronews.ca

In Gil Bellows' new drama *Three Days in Havana*, Cuba plays as much a character as the Canadian actor's ill-fated protagonist.

"What a beautiful, dynamic place to be," said Bellows from Los Angeles. "What prompted us to tell this kind of story was to put a character in an environment that would feel foreign to him and to an audience and make it take on this personality of its own so it could be mysterious and sexy and comical."

Reminiscent of the suspense-filled films of Alfred Hitchcock, the movie tells the tale of an insurance executive who heads to Havana only to find himself



Greg Wise and Gil Bellows. CONTRIBUTED

embroiled in a mysterious murder plot after meeting an ebullient but evasive writer in the Cuban capital.

"We went twice to scout (and) found all our locations, our actors, all the good places to eat and good places

to listen to music and hang out," said Bellows who co-wrote and co-directed the film with creative partner

Quoted

"What prompted us to tell this kind of story was to put a character in an environment that would feel foreign to him and to an audience and make it take on this personality of its own so it could be mysterious and sexy and comical."

Actor and director Gil Bellows

Tony Pantages. "We tried to squeeze every ounce of our experience and put it into the film."

In essence, *Three Days in Havana* took nearly a quarter of a century to bring to the big screen. Pantages and Bellows (who may best be recognized for his role on TV's *Ally McBeal*) first decided to make a movie when both were still struggling actors. After finding inspiration with this story in 2010, the pair took the unusual strategy of writing a treatment to send to 10

Bellows on:

- **His inspirations:** "The Coen Brothers, (Alfred) Hitchcock, (Michaelangelo) Antonioni. Those were the three big ones."
- **Directing:** "I've sort of toyed with directing a few different times and I like it. I definitely want to incorporate the opportunity to do it a few more times with some stories I'm eager to do."

different writers to interpret their own version.

"Ultimately we shaped and carved and rewrote but it gave us the opportunity to mine and tap into the imaginations and creativity of a bunch of people who we wanted to work with," said Bellows. "We (wanted this to be) both the celebration of 25 years of friendship and at the same time the grand experiment — and that part of it was a grand experiment."

Sabotage puts Arnie under the gun



NED EHRBAR

Metro World News in Hollywood

Given his resumé, it's understandable that Arnold Schwarzenegger would think he knew all there is to know about action movies. So naturally when *Sabotage* director David Ayer suggested the former California governor sign up for some weapons training prior to filming, he balked. "Why do I need weapons

training? I mean, I've shot more guns than anyone in movie history and killed more people than anyone, so why do we need to go through weapons training?" he remembers thinking.

But Schwarzenegger was actually impressed by Ayer's push for realism and technical accuracy.

"I love that he pushed me," he says. "Sometimes directors get intimidated when they meet someone like me. They

say, 'I'm looking forward to working with you' and 'Let's just figure out how we're going to get ready for the movie,' and those kinds of things. But David came in and was very clear with the set of things that needed to be done."

He also knows that the filmmaking world has changed a lot since his action heyday, and because of that, a decent amount of preparation goes a long way.

"When you get to the set,

the day is not anymore like in the '80s and '90s where a studio would raise \$100 million and you would have a great action movie. Those were the old days," Schwarzenegger says. "The budgets are half of what they used to be because the rest of the money is being used for the franchise movies and the big sequels and stuff like that. It's a different world but you have to adjust to that."

Making *Sabotage* didn't just present Schwarzeneg-

ger with a new kind of filmmaking experience but also a new type of character to play. "From an acting point of view, it was the most challenging because I've never played a character like this," he says of his role in the morally murky DEA thriller. "My characters usually play black-and-white and I'm the good guy and I upset the bad guys, and then with a little bit of humour throughout the movie and that's it," he says.



Arnold Schwarzenegger in *Sabotage*. CONTRIBUTED



Dwayne shakes out long-locked secret



Nice leather we're having: Dwayne Johnson as Hercules. CONTRIBUTED

Hercules. One-time pro wrestler rocks role as 'world's first superhero'

It was extremely hard for Dwayne Johnson to keep his Hercules look under wraps while filming the Brett Ratner-directed movie in Hungary last year. But he did it for the greater good of the big reveal.

"As an actor, not showing my chiseled, extraordinary, handsome face was a tremendous sacrifice for me," he joked on Monday before the premiere of the film's trailer at the Las Vegas movie-theatre convention CinemaCon.

"Paramount, MGM and I

made a pact," he added. "We wanted to make a massive global and entertaining movie while doing all we could to never reveal the actual look of Hercules."

Slowly rolling out photos from the set of the film for the past few months via his Twitter page, Johnson aimed to bring fans along on his journey — from his training to his diet and prep.

On Sunday, the 41-year-old actor finally unveiled his Hercules look in its entirety.

Via Twitter, he posted a photo revealing his full beard, shoulder-length brown locks and armour. In the caption accompanying the photo he wrote: "The world's first superhero. #TilDeathOr-

Victory."

We're offered hints of the Greek hero's abilities in the film's trailer, which debuts Tuesday.

In it, Hercules battles the multiheaded Lernaean hydra water monster, the behemoth Erymanthian boar and the massive Nemean lion. In the following clip he classically dons the skinned lion as a headpiece.

But, of course, Hercules is a multifaceted figure, so we're also treated to a brief snapshot of the Greek hero absorbed in a tender lip-lock.

The teaser's conclusion takes us right back to the barbarousness, with the Greek hero fiercely yelling, "I am Hercules!"

At 6 feet 5 inches, the extremely muscular Johnson, known from his pro wrestling days as "The Rock," said he trained harder for Hercules, which hits theatres July 25, than for any other role. "But in the end," he added, "It was all well worth it."

THE ASSOCIATED PRESS

Herculean task

"As an actor, not showing my chiseled, extraordinary, handsome face was a tremendous sacrifice for me."

Dwayne Johnson said jokingly of keeping his latest role under wraps

Sony takes segments of Spidey 2 out for a spin

Sony Pictures debuted 30 minutes of 3-D footage of The Amazing Spider-Man 2 at movie-theatre convention CinemaCon in Las Vegas on Wednesday night.

Cut into multiple segments, a packed house at Caesars Palace previewed scenes explaining the death of Peter Parker's parents, played by Campbell Scott and Embeth Davidtz, and the rekindling — after about a year of silence — of Parker (Andrew Garfield) and Gwen Stacy (Emma Stone) as they

graduate from high school.

The pair's chemistry is still as strong as ever.

The meeting of Spider-Man and Max Dillon, played by Jamie Foxx, who becomes Electro, is introduced, and the audience became acquainted with the character Harry Osborn (Dane DeHaan), later the Green Goblin, as he bonded with Electro over feeling lonely and neglected.

Introduced by Sony's president of worldwide distribution, Rory Bruer, trailers from a number of other films

from the studio's upcoming slate were also previewed.

A peek at what else Sony had to offer:

- Sex Tape, directed by Jake Kasdan and starring Cameron Diaz and Jason Segel.

- Think Like a Man Too, directed by Tim Story and starring Kevin Hart, Gabrielle Union, Taraji P. Henson and Jerry Ferrara.

- The Interview, directed by Seth Rogen and Evan Goldberg, and starring Rogen and

James Franco.

- The Equalizer, directed by Antoine Fuqua and starring Denzel Washington.

- Fury, directed by David Ayer and starring Brad Pitt, Shia LaBeouf, Logan Lerman and Michael Pena.

- Annie, directed by Will Gluck and starring Cameron Diaz, Jamie Foxx and Quvenzhané Wallis.

- 22 Jump Street, directed by Phil Lord and Christopher Miller, and starring Channing Tatum and Jonah Hill.

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A scene from the upcoming 3-D Amazing Spider-Man 2. CONTRIBUTED

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Comedy/Drama



Bad Words

Director. Jason Bateman

Stars. Jason Bateman,
Kathryn Hahn

Jason Bateman makes his feature directorial debut with *Bad Words*. Bateman stars as Guy Trilby, a 40-year-old who finds a loophole in the rules of The Golden Quill national spelling bee and decides to cause trouble by hijacking the competition. Contest officials, outraged parents, and overly ambitious eighth graders are no match for Guy, as he ruthlessly crushes their dreams of victory and fame.

Rotten Tomatoes™ score

Critics: 🍅 74% Audience: 🍌 65%

Mystery/Comedy



Cheap Thrills

Director. E.L. Katz

Stars. Pat Healy,
Sara Paxton

Cheap Thrills follows Craig (Pat Healy), a family man who loses his job and is threatened with eviction. To delay facing the music at home, he heads to a local bar and encounters a friend (Ethan Embry). The two friends are roped into drinks by a stranger (David Koechner) and his wife (Sara Paxton). The couple engages the two in dares for money, and soon the couple pushes how far Craig and his friend are willing to go for money and cheap thrills.

Rotten Tomatoes™ score

Critics: 🍅 90% Audience: 🍌 96%

Drama



Noah

Director. Darren Aronofsky

Stars. Russell Crowe,
Jennifer Connelly

Russell Crowe stars as Noah in the film inspired by the epic biblical story of courage, sacrifice and hope. Directed by visionary filmmaker Darren Aronofsky.

Rotten Tomatoes™ score

Critics: 🍅 90% Audience: 🍌 75%

Action/Sci-fi



Divergent

Director. Neil Burger

Stars. Kate Winslet,
Theo James

This is an action-adventure film in a world where people are divided into factions based on human virtues. Tris Prior (Shailene Woodley) is warned she is Divergent and will never fit into any one group. When she discovers a conspiracy by a faction leader (Kate Winslet) to destroy all Divergents, Tris must learn to trust in the mysterious Four (Theo James) and together they must find out what makes being Divergent so dangerous before it's too late.

Rotten Tomatoes™ score

Critics: 🍌 No reviews yet Audience: 🍌

Drama/Comedy



The Grand Budapest Hotel

Director. Wes Anderson

Stars. Bill Murray,
Ralph Fiennes

The Grand Budapest Hotel recounts the adventures of Gustave H, a legendary concierge at a famous European hotel between the wars, and Zero Moustafa, the lobby boy who becomes his most trusted friend. The story involves the theft and recovery of a priceless Renaissance painting and the battle for an enormous family fortune — all against the back-drop of a suddenly and dramatically changing Continent.

Rotten Tomatoes™ score

Critics: 🍅 90% Audience: 🍌 91%

Drama/Mystery/Comedy



Veronica Mars

Director. Rob Thomas

Stars. Kristen Bell,
Ryan Hansen

On the eve of graduating law school, Veronica Mars has put Neptune and her amateur sleuthing days behind her. While interviewing at high-end New York law firms, Veronica Mars gets a call from her ex-boyfriend Logan, who has been accused of murder. Veronica heads back to Neptune just to help Logan find an attorney, but when things don't seem right, Veronica finds herself being pulled back into a life she thought she had left behind.

Rotten Tomatoes™ score

Critics: 🍅 77% Audience: + 94%

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WITH \$500 DOWN

89 TO CHOOSE FROM!

**WAS: \$17,245
NOW: \$15,645**

SN607659



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A/C, PWR WINDOWS/LOCKS/MIRRORS, USB, SATELLITE RADIO, BLUETOOTH

OR FINANCE FROM

\$106B/W¹
3.99% for 96 months
WITH \$500 DOWN

106 TO CHOOSE FROM!

**WAS: \$19,165
NOW: \$17,321**

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metronews.ca
WEEKEND, March 28-30, 2014

THESE PAGES COVER MOVIE START TIMES FROM FRI., MAR. 28 TO THURS., APR. 3. TIMES ARE SUBJECT TO CHANGE.



Muppets Most Wanted. CONTRIBUTED

Canyon Meadows
Bay 110 13226 Macleod Trail

American Hustle (14A) Fri-Thu 12:50-3:50-6:50-9:40
August: Osage County (14A) Fri-Sun 6:55-9:45 Mon 9:45 Tue-Thu 6:55-9:45
Dallas Buyers Club (18A) Fri-Thu 7:05-9:50
Free Birds (G) Fri-Sat 1:10-4:10 Sun 1:10 Mon-Thu 1:10-4:10
Gravity (PG) Fri-Thu 1:30-4:20-7:30-9:50
The Hobbit: The Desolation of Smaug (PG) Fri-Thu 1-4:35-8:15
The Hunger Games: Catching Fire (PG) Fri-Thu 12:45-3:45-6:40-9:30
Jack Ryan: Shadow Recruit (PG) Fri-Thu 1:15-3:55-7:15-10
Lone Survivor (14A) Fri-Thu 3:35-9:45
The Nut Job (G) Fri-Thu 1:25-4-7:10
RoboCop (PG) Fri-Thu 1:05-4:05-7-9:55
Royal Opera House: Turandot (STC) Sun 3 Mon-Thu 7
Saving Mr. Banks (PG) Fri-Thu 12:55-3:40-6:45-9:35
Walking With Dinosaurs (PG) Fri-Thu 1:20

The Monuments Men (PG) Fri-Tue 4-6:50-9:35 Wed 3:35-9:50 Thu 4-6:50-9:35
Mr. Peabody & Sherman (G) Fri 2:15 Sat 11:45-2:15 Sun-Thu 2:15
Mr. Peabody & Sherman 3D (G) Fri-Thu 4:45-7:25-9:55
Muppets Most Wanted (G) Fri 1:50-2:10-4:30-4:50-7:10-7:30-9:50-10:10 Sat 11:10-1:50-2:10-4:30-4:50-7:10-7:30-9:50-10:10 Sun-Tue 1:50-2:10-4:30-4:50-7:10-7:30-9:50-10:10 Wed 1:50-4:30-4:50-7:10-7:30-9:50-10:10 Thu 1:50-4:30 Star & Strollers
Screening Wed 1:30 Thu 2:10-4:50-7:30-10:10
National Theatre Live: War Horse - Encore (STC) Wed 6:30
Need for Speed 3D (PG) Fri-Thu 1:20-4:15-7:15-10:15
Noah (PG) No Passes Fri-Tue 12:55-4:10-7:20-10:30 No Passes Wed 7:20-10:30 No Passes Thu 12:55-4:10-7:20-10:30 Star & Strollers
Screening, No Passes Wed 1:30 Non-Stop (PG) Fri-Sat 2:05-5:10-7:45-10:20 Sun 5:10-7:45-10:20 Mon-Thu 2:05-5:10-7:45-10:20

Eau Claire Market
200 Barlay Parade

300: Rise of an Empire 3D (18A) Fri-Sun 4:20-7:10-9:40 Mon 6:25-9:10 Tue-Thu 6:15-9:10
Captain America: The Winter Soldier 3D (PG) No Passes Thu 8
Divergent (PG) No Passes Fri 3:50-6:50-10 No Passes Sat-Sun 12:40-3:50-6:50-10 No Passes Mon-Thu 5:30-9
The Grand Budapest Hotel (14A) No Passes Fri 4-6:40-9:20 No Passes Sat-Sun 12:50-4-6:40-9:20 No Passes Mon-Thu 5:50-8:20
The Great Beauty (14A) Fri 3:30-6:30-9:30 Sat-Sun 12:30-3:30-6:30-9:30 Mon-Wed 5:40-8:40
The LEGO Movie (G) Sat-Sun 1
Noah (PG) No Passes Fri 3:40-7-10:10 No Passes Sat-Sun 12:30-3:40-7-10:10 No Passes Mon-Thu 5:20-8:50
Non-Stop (PG) Fri 4:10-7:20-9:50 Sat-Sun 1:10-4:10-7:20-9:50 Mon-Tue 6-8:30 Thu 9:10

Landmark Cinemas 16
Country Hills
388 Country Hills Blvd.

3 Days to Kill (14A) SR Dolby Digital, Stadium Seating Fri-Thu 7:05-10:05
300: Rise of an Empire (18A) SR Dolby Digital, Stadium Seating Fri-Thu 4:20
300: Rise of an Empire 3D (18A) SR Dolby Digital, Stadium Seating Fri-Sun 1:40-7:40-10:15 SR Dolby Digital, Stadium Seating Mon-Thu 7:40-10:15
Captain America: The Winter Soldier (PG) Stadium Seating, SR Dolby Digital Thu 9:45 SR Dolby Digital, Stadium Seating Thu 10
Divergent (PG) SR Dolby Digital, Stadium Seating Fri-Sun 12:10-3:20-6:30-9-9:45 SR Dolby Digital, Stadium Seating Mon-Thu 3:20-6:30-9-9:45
Enemy (14A) SR Dolby Digital, Stadium Seating Fri-Sun 1:20-4:40-7:50-10:15 SR Dolby Digital, Stadium Seating Mon-Thu 4:40-7:50-10:15
Frozen (G) SR Dolby Digital, Stadium Seating Fri-Sun 1:30-4:30 SR Dolby Digital, Stadium Seating Mon-Thu 4:30
The LEGO Movie (G) SR Dolby Digital, Stadium Seating Fri-Sun 1-4:15-6:50-9:20 SR Dolby Digital, Stadium Seating Mon-Thu 4:15-6:50-9:20
Mr. & Mrs. 420 (PG) SR Dolby Digital, Stadium Seating Fri 9:20 SR Dolby Digital, Stadium Seating Sat-Sun 12-3:50-9:20 SR Dolby Digital, Stadium Seating Mon-Thu 3:50-9:20
Mr. Peabody & Sherman (G) SR Dolby Digital, Stadium Seating Fri-Sun 12:05-3-6 SR Dolby Digital, Stadium Seating Mon-Thu 3-6
Mr. Peabody & Sherman 3D (G) SR Dolby Digital, Stadium Seating Fri-Sun 12:30-3:45-6:40-9:10 SR Dolby Digital, Stadium Seating Mon-Thu 3:45-6:40-9:10
Muppets Most Wanted (G) SR Dolby Digital, Stadium Seating Fri-Sun 12:15-12:45-3:30-4-7-7:20-9:40-10 SR Dolby Digital, Stadium Seating Mon-Thu 3:30-4-7-7:20-9:40-10

Crowfoot Crossing
91 Crowfoot Terrace

300: Rise of an Empire 3D (18A) Fri 2:30-5:20-7:55-10:25 Sat-Sun 12-2:30-5:20-7:55-10:25 Mon-Thu 2:30-5:20-7:55-10:25
Bolshoi Ballet: Marco Spada (STC) Sun 12:55
Captain America: The Winter Soldier 3D (PG) No Passes Thu 10 No Passes Thu 8
Divergent (PG) No Passes Fri-Thu 12:25-12:50-3:35-4:05-6:45-7-15-10-10:25
Frozen (G) Fri-Tue 1 Wed 12:45 Thu 1
The Grand Budapest Hotel (14A) No Passes Fri-Thu 12:30-3-5:30-8-10:30 The LEGO Movie (G) Fri 1:25 Sat 11-1:25 Sun-Thu 1:25
The LEGO Movie 3D (G) Fri-Wed 3:55-6:30-9:15 Thu 3:55-6:30
Monsters vs. Aliens (G) Sat 11

**Landmark Cinemas 16
Country Hills
388 Country Hills Blvd.**

Need for Speed (PG) SR Dolby Digital, Stadium Seating Fri-Sun 12:10-3:20-6:20-9:40 SR Dolby Digital, Stadium Seating Mon-Thu 3:20-6:20-9:40
Need for Speed 3D (PG) SR Dolby Digital, Stadium Seating Fri-Sun 12:40-3:50-7:10-10:10 SR Dolby Digital, Stadium Seating Mon-Thu 3:50-7:10-10:10
Noah (PG) Stadium Seating, SR Dolby Digital Fri-Sun 12:30-3:40-6:45-10 Stadium Seating, SR Dolby Digital Mon-Thu 3:40-6:45-10 SR Dolby Digital, Stadium Seating Fri-Sun 12-3:10-6:15-9:30 SR Dolby Digital, Stadium Seating Mon-Thu 3:10-6:15-9:30
Non-Stop (PG) SR Dolby Digital, Stadium Seating Fri 7:30-10:10 SR Dolby Digital, Stadium Seating Sat-Sun 1:10-4:10-7:30-10:10 SR Dolby Digital, Stadium Seating Mon-Thu 4:10-7:30-10:10
The Nut Job (G) SR Dolby Digital, Stadium Seating Fri 1:10-4:40
Walking With Dinosaurs (PG) Stadium Seating, SR Dolby Digital Fri 12:40-3:15

**Landmark Cinemas 10
Shawnessy & EXTRA
Calgarystudio
100-16061 MacLeod Trail**

300: Rise of an Empire (18A) Digital Presentation, Stadium Seating Fri-Thu 4:30
300: Rise of an Empire 3D (18A) Digital Presentation, Stadium Seating Fri-Tue 1:45-7:40-10:25 Digital Presentation, Stadium Seating Wed 7:40-10:25 Digital Presentation, Stadium Seating Thu 1:45-7:40-10:25
Captain America: The Winter Soldier 3D (PG) Digital Presentation, Stadium Seating Thu 10
Divergent (PG) Digital Presentation, Stadium Seating Fri-Wed 11:45-12:15-3-3:30-6:20-7-9:45-10-10:15 Digital Presentation, Stadium Seating Thu 11:45-12:15-3-3:30-6:30-7-9:45-10-10:15
The Grand Budapest Hotel (14A) Digital Presentation, Stadium Seating Fri-Thu 1-4-7:30-10:20
The LEGO Movie (G) Digital Presentation, Stadium Seating Fri-Thu 12:45-3:40-7:20
Mr. Peabody & Sherman (G) Digital Presentation, Stadium Seating Fri-Thu 4:10
Mr. Peabody & Sherman 3D (G) Digital Presentation, Stadium Seating Fri-Thu 1:15-7:15-9:40
Muppets Most Wanted (G) Digital Presentation, Stadium Seating Fri-Thu 12:30-3:50-7:10-10:10
Need for Speed (PG) Digital Presentation, Stadium Seating Fri-Thu 3:10-9:30
Need for Speed 3D (PG) Digital

Presentation, Stadium Seating Fri-Thu 12-6:30
Noah (PG) Digital Presentation, Stadium Seating Fri-Wed 12-3:20-6:45-10 Digital Presentation, Stadium Seating Thu 10 Digital Presentation, Stadium Seating Thu 12-3:20-6:45
Non-Stop (PG) Digital Presentation, Stadium Seating Fri-Sun 1:30-4:20-7:45-10:30 Digital Presentation, Stadium Seating Mon 1:30-4-10:30 Digital Presentation, Stadium Seating Tue-Wed 1:30-4:20-7:45-10:30 Digital Presentation, Stadium Seating Thu 1:30-4:20-7:45

**Globe Cinema
617-8 Avenue**

Inside Llewyn Davis (14A) Fri 7-9 Sat 1:10-3:20-7-9 Sun 1:10 Tue 7-9
It's Kind of a Funny Story (PG) Thu

6:30
Nebraska (14A) Sat-Sun 1
Pope John Paul II (STC) Wed-Thu 6:30
Stand With Me (STC) Mon 7:30
The Wolf of Wall Street (18A) Fri 7:30
Sat-Sun 3:30-7:30 Tue-Wed 7:30

**Scotiabank Chinook
6455 MacLeod Trail**

3 Days to Kill (14A) Fri-Sun 4-7:05-9:50 Mon-Thu 3:45-6:50-9:50
300: Rise of an Empire 3D (18A) Fri-Sun 12:35-3-5:35-8:05-10:35 Mon-Thu 1:20-4:15-7:35-10:05
Bad Words (14A) Fri-Sun 1:05-3:25-5:45-8:10-10:30 Mon-Wed 1:10-3:55-7:30-10:30 Thu 3:55-7:30-10:30 Star & Strollers Screening Thu 1
Bolshoi Ballet: Marco Spada (STC) Sun 12:55
Captain America: The Winter Soldier

— An IMAX 3D Experience (PG) No Passes Thu 8
Captain America: The Winter Soldier 3D (PG) No Passes Thu 10 No Passes Thu 8:30
Divergent (PG) No Passes Fri-Sat 11:55-12:30-3:05-3:40-6:30-6:50-9:40-10:05 No Passes Sun 11:50-12:30-3:05-3:40-6:30-6:50-9:40-10:05 No Passes Mon-Tue 12:30-1-1:30-3:40-4-4:40-6:50-7:15-8-9:55-10:25 No Passes Wed 12:30-1:30-3:30-3:40-4:40-6:50-8-9:55-10:25 No Passes Thu 12:30-1-3:40-4-4:40-6:50-7:15-8-9:55-10:25 No Passes Fri-Sun 1:20-4:30-7:40-10:45 Star & Strollers Screening, No Passes Thu 1
Enemy (14A) Fri-Sun 4:45-7:25-9:55 Mon-Thu 4:05-7:05-9:55
The Grand Budapest Hotel (14A) No Passes Fri-Sun 11:40-12:25-2-2:50-4:35-5:20-7:15-7:50-9:45-10:25 No Passes

Mon-Thu 12:55-1:40-4:10-4:30-7:15-7:45-9:50-10:15
The LEGO Movie (G) Fri-Sun 12 Mon-Thu 1:30
The LEGO Movie 3D (G) Fri-Sun 2:35-5:05-7:35-10:15 Mon-Wed 4:05-6:45-9:30 Thu 4:05-6:45
The Metropolitan Opera: Rusalka - Encore (STC) Sat 10:55
Monsters vs. Aliens (G) Sat 11
Mr. Peabody & Sherman (G) Fri-Sun 11:50-2:15 Mon-Thu 1:15
Mr. Peabody & Sherman 3D (G) Fri-Sun 12:20-2:45-5:10-7:40-10 Mon-Thu 1:35-4:35-7:25-9:45
Muppets Most Wanted (G) Fri 11:30-1-2:15-5-7:40-10:20 Sat 11-1-1:30-5-7:40-10:20 Sun 11:30-1-2:15-5-7:40-10:20
Mon 12:45-1-4-7:05-10 Tue-Thu 12:45-1:20-4:20-7:05-10
National Theatre Live: War Horse -

American Hustle (14A) Fri-Sat 9:10 Sun 9:15 Mon-Wed 9:10
August: Osage County (14A) Fri-Sat 6:50 Sun 7:10 Mon-Wed 6:50
No Films Showing Today (STC) Thu

**Sunridge Spectrum
2555 32nd Street**

300: Rise of an Empire 3D (18A) Fri-Sun 2:10-4:50-7:40-10:20 Mon-Thu 2:10-4:50-7:30-10:05
Bad Words (14A) Fri-Sun 12:05-2:25-4:55-7:20-9:50 Mon-Tue 2-4:30-7:10-9:35 Wed 4:30-7:10-9:35 Thu 2-4:30-7:10-9:35 Star & Strollers Screening Wed 1:30
Captain America: The Winter Soldier 3D (PG) No Passes Thu 9:30 No Passes Thu 8:15
Divergent (PG) No Passes Fri-Sun 12-3:15-6:30-9:45 No Passes Mon-Thu 3-6:30-9:45 No Passes Fri-Sun 1:30-2:30-4:45-6-8-9:15 No Passes Mon-Tue 1:30-2:30-4:40-6-7:50-9:15 No Passes Wed 2:30-4:40-6-7:50-9:15 No Passes Thu 1:30-2:30-6-9:15 Star & Strollers Screening, No Passes Wed 1
Frozen (G) Fri 12:45 Sat 11-12:45 Sun 12:45 Mon-Thu 1:10
The LEGO Movie (G) Fri-Thu 1
The LEGO Movie 3D (G) Fri-Sun 4-7:05-9:40 Mon-Wed 3:30-6:35-9:05 Thu 3:30-6:35
Marriage da Garriage (G) Fri-Sun 12:20-3:10-6:10-9:10 Mon-Thu 2:40-6:10-9:10
Monsters vs. Aliens (G) Sat 11
Mr. Peabody & Sherman (G) Fri-Thu 1:40
Mr. Peabody & Sherman 3D (G) Fri-Sun 4:20-7:15-9:55 Mon-Thu 4:20-7:15-9:40
Muppets Most Wanted (G) Fri-Sun 1:15-4:10-7:30-10:15 Mon-Thu 1:15-4:05-7:05-9:55
Need for Speed 3D (PG) Fri-Sun 12:10-3:20-6:55-10 Mon-Thu 2:20-6:55-10
Noah (PG) No Passes Fri-Sun 12:30-3:45-7-10:15 No Passes Mon-Wed 12:50-3:55-7-10:10 No Passes Thu 7-10:10 No Passes Sat 11 No Passes Thu 12:50-3:55
Non-Stop (PG) Fri-Sun 12:50-3:40-6:40-9:20 Mon-Thu 1:25-4-6:40-9:20
Pagpag (STC) Fri-Sun 12:40-3:30-6:45-9:25 Mon 1:35-4:10 Tue-Thu 1:35-4:10-6:45-9:25
Queen (14A) Fri-Sun 3:35-6:50-10:05 Mon-Tue 4:40-8 Thu 4:40-8

**Westhills 10
165 Stewart Green**

300: Rise of an Empire 3D (18A) Fri-Sun 1:10-4:05-7:20-9:50 Mon-Thu 6:05-8:35
Bad Words (14A) Fri-Sun 1:05-4:15-7:10-10 Mon-Thu 5:55-8:20
Captain America: The Winter Soldier 3D (PG) No Passes Thu 8
Divergent (PG) No Passes Fri-Sat 12:50-4-7:15-10:25 No Passes Sun 12:50-4-7:15 No Passes Mon-Wed 5:30-8:45 No Passes Thu 5:30-8-8:45 No Passes Fri-Sun 12:30-3:45-7-10:15 No Passes Mon-Wed 8
The LEGO Movie (G) Fri-Sun 12:45-3:40-6:50-9:45 Mon-Wed 5:40-8:05 Thu 5:40
The Metropolitan Opera: Rusalka - Encore (STC) Mon 6:30
Mr. Peabody & Sherman (G) Fri-Sun 1
Mr. Peabody & Sherman 3D (G) Fri-Sun 3:25-6:30-9 Mon-Thu 5:50-8:10
Muppets Most Wanted (G) Fri-Sun 12:40-3:30-6:45-9:30 Mon-Thu 5:45-8:30
Need for Speed 3D (PG) Fri-Sun 12:25-3:35-6:55-10:10 Mon 8:25 Tue-Thu 5:25-8:25
Noah (PG) No Passes Fri-Sun 12:35-3:50-7:05-10:20 No Passes Mon-Thu 5:35-8:40
Non-Stop (PG) Fri-Sun 12:55-3:55-7:05-9:55 Mon 6 Tue-Thu 6-8:35

*“He’s NOT
himself LATELY.”*

(HE’S PRETENDING TO BE YOU)

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ama.ab.ca/Shredding | #AMAshred



Mr. Peabody & Sherman. CONTRIBUTED

Encore (STC) Wed 6:30
Need for Speed 3D (PG) Fri-Sun 12:40-3:45-6:45-9:50 Mon-Thu 12:40-3:50-7-10:10
Noah (PG) No Passes Fri-Sun 1:10-4:20-7:30-10:35 No Passes Mon-Wed 1:05-4:20-7:25-10:30 No Passes Thu 1:05-4:20
Noah: The IMAX Experience (PG) No Passes Fri-Sun 12:40-3:50-7-10:10 No Passes Mon-Wed 12:35-3:50-6:55-10:10 No Passes Thu 12:35-3:50
Non-Stop (PG) Fri-Tue 1:25-4:10-7:20-10 Wed 1:25-4:10-10 Thu 1:25-4:10-7:20-10
Son of God (14A) Fri 12:50-4-7:10-10:20 Sat 4:05-7:10-10:20 Sun 4:35-7:35-10:35 Mon 12:50-4 Tue-Thu 12:50-4-7-10-10:20

**Plaza Theatre
1133 Kensington Rd. N.W.**

Mind the App

**Birds use
their anger
in Epic battle**

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Angry Birds Epic
iPhone/iPad
Free

Available in Canada before the U.S., this entertaining sword and sorcery role-playing adventure sends the birds out to fight strategic battles against egg-stealing pigs using dramatic spells and magical weapons.



Video game review

Name. Yoshi's New Island

For. Nintendo 3DS

Rated. Everyone

With a nursery motif and a kindergarten soundtrack, this latest Yoshi outing is likely to be too sickly sweet for fans used to a Nintendo capable of appealing to both young and old alike. Baby Mario is out to save Baby Luigi back from a tribe of Yoshis through a cuddly soft adventure so filled with the basics it should be called My First Mario. Giant, destructive eggs and vehicles you steer by physically tilting the DS offer some innovation, but not enough to keep the game fresh for experienced fans.

KRIS ABEL



3 songs for the weekend

Wounds, Kawehi and something R-rated from Steve Coogan



SOUND CHECK
Alan Cross
scene@metronews.ca

**Dead Road/
Wounds**

This Dublin four-piece recently joined up with Billy Talent guitarist Ian D'Sa for this track from their Die Young album. The title probably has something to do with when one member fell four storeys from a balcony and spent three months on life support.

**Heart-Shaped
Box/Kawehi**

Kawehi is a one-woman band who samples, loops and sings her way through the Nirvana classic, creating an EDM-ish masterpiece of her own. She also covers Closer by NIN, too.

**The C*** Song/
Steve Coogan**

This Monty Python-worthy outtake from Coogan's British TV series The Trip (also edited into a feature-length movie) features the rudest chorus to ever be stuck in your head.

Focus is on Mammy

**Gone With the
Wind blows back
with a prequel**

Decades after the publication of *Gone With the Wind*, Mammy is finally getting a back story.

Simon & Schuster imprint Atria announced Thursday that it will publish Donald McCaig's *Ruth's Journey* in October. A prequel to Margaret Mitchell's million-selling 1936 novel, the book was authorized by Mitchell's estate. McCaig previously wrote an authorized spinoff focused on Rhett Butler: *Rhett's People*.

Ruth's Journey will track Scarlett O'Hara's non-sense servant's life from her arrival in Georgia in the early 19th century. In 1939, Mammy was immortalized on film by Hattie McDaniel, who became the first black performer to win an Academy Award. Mitchell's novel was often criticized for romanticizing antebellum life and for its one-dimensional portraits of blacks. **THE ASSOCIATED PRESS**

**MÉTIS YOUTH
SUMMER STUDENT
PROGRAM**

Just because it always might snow again, it doesn't mean you can't start planning your summer employment strategy.

Obtain employable skills in your dream job by offering employers a wage subsidy to hire you for summer employment.

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TO START PLANNING
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Foster the People's Jacob Fink, Mark Foster and Mark Pontius. THE CANADIAN PRESS

Foster the People don't feel the pressure

Looking for inspiration.

Before recording the follow-up to their first hit record, the band took time to travel and hang out at home

Mark Foster's favourite hit songs are the ones written without thought given to eventual chart potential. So when it came time for him to pen the smash follow-up to his band Foster the People's out-of-left-field 2011 hit Pumped Up Kicks, he didn't even bother to try.

"I feel like trying to write a song in order to be a big hit is just not something I'm interested in because it's not going to come from an authentic place of expression," Foster said. "I've heard a lot of bands try to do that type of thing on their second record, especially if they happen to have a hit or a couple of hits on their first, and a lot of times the stuff ends up sounding like Budweiser commercials, you know? We don't make music for that reason. We're not the corporation of Foster the People. We're a band."

The tsunami-like experience of having a multi-platinum, Grammy-nominated hit left the trio feeling un-

moored as they completed touring behind their debut. They weren't sure exactly where they wanted to go, but it wasn't directly to the studio.

So Foster and Fink travelled the world for inspiration for the 11 songs that would go on to make up Supermodel, out this week. And drummer Mark Pontius hunkered down at home, processing the experience in a different way.

Foster returned from his travels with song sketches, half-finished ideas and a general concept of where he wanted to go. The band moved into a home in Malibu, Calif., that had a studio and sorted everything out with Grammy-winning producer Paul Epworth, who co-wrote and produced some of the masterful tracks on Adele's 21. Epworth also produced some of Foster the People's gold-selling 2011 debut, Torches.

The Malibu location crystallized everything for Foster. He had just returned from visiting North Africa and the Middle East, where he encountered people who live a simpler subsistence lifestyle, and the juxtaposition resonates on Super-

model. "It's really about, I guess, the difference between the

Not selling out

"We're not the corporation of Foster the People. We're a band."

Mark Foster of Foster the People
on why he doesn't try to write hits

culture that we live in L.A. and looking at the rest of the world and seeing how other people live with the focus on kind of just community, communication, real connections, social media and how social media is affecting our culture now," Foster said.

His experiences aren't just reflected thematically. Sounds he heard are woven into the album's gauzy dream pop, adding a flavour — and a challenge — he hadn't initially expected. For instance, album opener Are You What You Want to Be? with its 6/8 time signature and Dadaist lyrics leans heavily on sounds he heard in Morocco.

"I think that's the fun part, really letting that wild animal in the room, then trying to catch the tail," Foster said. "Once you have the tail, it's going to pull you where it's going to pull you. That's the spirit of this album."

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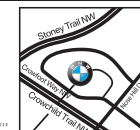
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From folk-punk to the top of pop, there's no stopping Tegan and Sara

Juno noms, Lego songs.

Canadian duo gain momentum with a sleeker pop sound

Calgary-reared twins Tegan and Sara have never won a Juno Award despite five nominations, but it's possible to spot a silver lining in that goldless run.

"If we won, we would feel really delighted — but there's also this reflex in me that's always been afraid to win," said the consistently amiable Sara Quin in a recent telephone interview.

"It feels like (if) we won, people would be like: 'What?! THEY won? Oh God. I can't believe they beat so and so.' That always stresses me out. Sometimes it's just better to be nominated."

They're up for nominations in four categories at this weekend's Juno Awards for the sleek-and-chic pop album *Heartthrob*. And in prestigious categories no less: single, group, songwriter and pop album of the year.

That last one particularly speaks to the aesthetic transformation undertaken by the 33-year-old sisters. In years past, they were almost exclusively nominated for alternative album of the year. They lost, on three occasions, to

bands that Quin refers to as "heavy hitters": Broken Social Scene (in 2006), Arcade Fire (in 2008), and Metric (in 2010).

The duo began — 15 years ago now — playing folk-pop occasionally imbued with gusts of emo rage. But beginning with 2004's smart *So Jealous*, the Quins infused those torrents of punk energy with increasing degrees of melodic mastery, a trend that continued through 2007's melancholy *The Con* and 2009's punchy *Sainthood*.

The twins have long proven their deft songwriting touch, but *Heartthrob*'s ultra-polished production quality brought it into startling high-definition. The whitewater whoosh *Closer* gave the Quins their first traditional, bona fide hit song, while piano ballad *I Was a Fool* — and its vertigo-inducing chorus — wasn't far behind.

The Quins have also found high-profile, outspoken fans in the likes of Taylor Swift and Katy Perry, who will bring Tegan and Sara along for an arena tour this fall. Indeed, they've seemingly shimmied their way into an elusive (if not always lucrative) subgenre: the pop musicians' pop musicians.

But a chance opportunity allowed the sisters to meet an entirely new fan base. They were invited to record a demo of *Everything is Awesome*, the

blithe central tune from the recently released critical gem *The Lego Movie*. They weren't used to singing other people's songs or auditioning. Still, they apparently aced their try-out take and, in collaboration with producer (and Devo co-founder) Mark Mothersbaugh and comedy-rap outfit the Lonely Island, recorded the chirpy hit that appears prominently in the smash film.

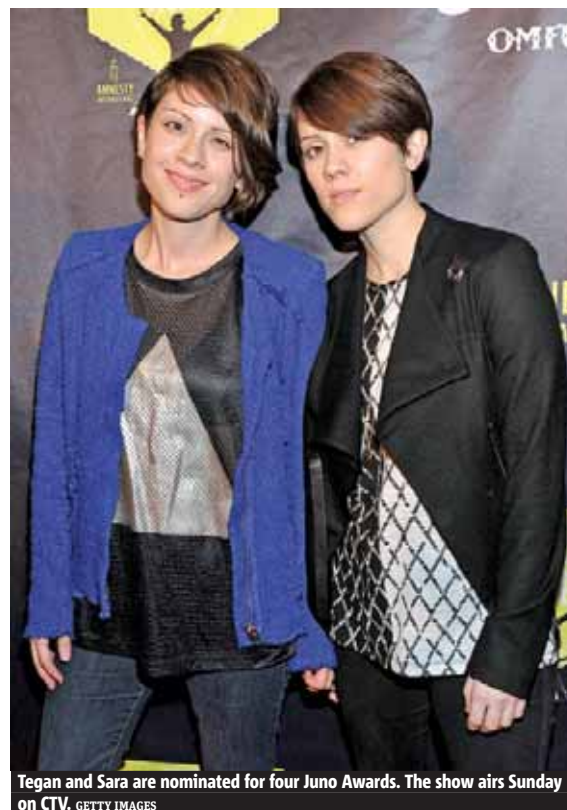
The song has become a memorable element of the year's biggest box-office hit, as well as an eerily appropriate summary of the Quins' rising career.

The manic tune has given Tegan and Sara their highest U.S. chart placement yet, though Quin struggles to quantify its impact on their own music.

"I think a lot of the people who are really big into the song are under the age of 10 ... so I don't know if they're going: 'I'm eight, I'm really into this music, let's find more!' I'm not sure if that's how kids work these days."

It's not lost on the Quins how far they've come. Reflecting on the Juno nominations, Sara says she didn't think this level of recognition was possible — and, with piercing self-awareness, immediately clarifies that she doesn't mean it in a "stupid, humble" way.

"But we were just talking about this with one of



Tegan and Sara are nominated for four Juno Awards. The show airs Sunday on CTV. GETTY IMAGES

Humble beginnings

"We were gross and trashy and we played punk music. But we had a tenacity and an ambition. There was something there."

Sara Quin, on achieving success

hear us play the first time and go: 'Oh my God, send them to Nashville.' We were gross and trashy and we played punk music. But we had a tenacity and an ambition. There was something there."

It's not a shock, then, that the Quins are already pondering a follow-up to *Heartthrob*.

The sisters recently linked up in New York, where Sara lives much of the time (Tegan is based in Vancouver). Sara tossed on some electronic music in the car, and Tegan teased her: "Put something on with melody. Why are you making us listen to this?" Sara responded that her sister had better get used to the sound — it would inspire their next record.

They laughed at the time, but Sara really is thinking in those terms. Work on the next record "starts now."

Although in Tegan and Sara's world, work never really stops. **THE CANADIAN PRESS**

our high school friends," she continued. "We did not probably seem like we had a lot of potential in high school. I mean, we worked and we volunteered and we got average

grades and there were certain teachers I think who really liked us ... but we weren't standouts.

"We were never really good at piano, and people didn't

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Serena Ryder will co-host the 2014 Junos with Johnny Reid and Classified on Sunday. UNIVERSAL MUSIC CANADA

Serena Ryder is ready for success on her own terms

Not your typical pop star. Poised to co-host the Junos, rising singer has a healthy perspective on the fame game

Striding out to perform O Canada at the recent NBA All-Star Game in New Orleans, Serena Ryder found an unexpectedly hard time in the Big Easy.

"When I was walking out to sing, all the all-stars were lined up on the podiums. And they were heckling me!" she recalled in a recent telephone interview. "Seriously, I was walking and three or four of the dudes — I don't know (who) because I wasn't looking, because I was on camera — but as I was walking, they went: 'You're live. You're live. Start singing. The camera's on you. Go ahead.'

"I really felt like I was in high school, walking down the hallway right by the jocks who were super popular and they were all commenting on my gothic outfit — which they actually did, I was a goth in public school. And I got made fun of all the time."

The anthem itself? Oh, that was a breeze for the husky howler, increasingly adept at

the big moments. She delivered a faithful rendition that swelled impressively at its climax, delighting at least one of the nearby cool kids.

"After I'm done, I start walking off and then there's Drake," she said of the Toronto rapper, ubiquitous during the NBA's all-star weekend. "He like grabbed me and gives me a big hug. All the cameras are on me. It was the most surreal experience."

And Drake isn't the only industry heavyweight to embrace Ryder recently.

She earned five nominations at this weekend's Juno Awards, and her haul includes nods in the marquee categories album, single, artist and songwriter of the year. She'll also co-host alongside Johnny Reid and Classified, with whom she's set to open the show.

The 31-year-old's 2012 breakthrough Harmony announced her ascension into Canada's top tier of performers. The primal single Stompa pounded its way to triple-platinum sales, and the winsome indie-pop gem What I Wouldn't Do matched its chart position, peaking at No. 8.

As breaking into the U.S. looms as an obvious goal, Ryder won't necessarily submit to the punishingly rigorous, ego-popping club trapeze that's de-

Making music

"Love and that passion behind it is what feeds success ... and then if you don't love it, stop doing it." Serena Ryder

rigueur for acts trying to break in south of the border.

After all, her major breakthrough at home didn't necessarily come about the typical way.

Ryder has been honest about the four-year gap that ultimately followed the Juno-winning folk-pop album Is It O.K.

She struggled with depression, at various points finding it hard to summon herself from bed. Eventually, friends, family and a new romance helped Ryder emerge from the din to write Harmony's sanguine songs reflecting her newly cheery mindset.

Told that her success story defies the typical strike-while-the-iron's-hot ethos of an opportunistic industry, she laughs.

"I know — that's the funniest thing in the world," she said. "I don't believe in the whole idea of breaking your back in order to enjoy life later. ... It makes no sense whatsoever."

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Nine-year party over for HIMYM cast

Saying goodbye. As sitcom wraps, stars reflect on their time on the show while looking ahead to new projects

A Hollywood soundstage can often seem like a big empty space, a hangar-sized mix of

concrete, wood and cables.

On this day, as the TV press is invited for the last time to the set of *How I Met Your Mother*, it feels more like a friendly gathering at a neighbourhood bar. That's because reporters, along with the cast and crew, are jammed into the well-stocked McLaren's set, the Irish pub where the gang spent many a scene on this long-running sit-

com.

The main cast is all there — Josh Radnor, Jason Segel, Cobie Smulders, Neil Patrick Harris and Alyson Hannigan — along with co-creators and executive producers Carter Bays and Craig Thomas. So is Pamela Fryman, who directed almost every episode. Among them is Cristin Milioti, late to the party as the mother in the title.

There's a relaxed, tender atmosphere as they all take their places on directors' chairs and field "How does it feel now that it's all over?"-type questions.

All spoke about how they didn't think the series would last beyond the pilot stage, because, as Hannigan put it, "it was so wonderful, and everybody got along so well and it

was just such a great experience, and it was just too perfect. You are like, well, that's doomsville."

Instead, nine years later — and with some cast members, such as Segel, anxious to move on to feature films and other projects — the party is over.

"We watched each other go through, like, some really serious life stuff," says Segel. "People have gotten married and have children."

Segel figures he's now known the people on this show longer than "any group of people besides my family. You have friends from way back, but you know, high school is four years. I didn't go to college, but I hear it's four years."

After the formal press session, the cast mingled with reporters at the bar. The most tranquil person on the set seemed to be Smulders, ever laid back and approachable at these gatherings. The transplanted Canadian says she was "just trying to get a work visa" when it all began.

The show wasn't exactly an instant hit and seemed "on the bubble" of cancellation those first few seasons. "It was only, like, two years ago, when I thought, 'Oh, well, this is a regular gig.'"

Now Smulders is in demand, having already branched out into the Marvel universe.

When to watch

How I Met Your Mother will conclude with an hour-long series finale Monday at 8 p.m. ET on CityTV.

Smulders will appear next in the Russo brothers' *Captain America: The Winter Soldier* and later in 2015's *Avengers: Age of Ultron*.

Just don't ask her about either film, where details are locked in the Marvel vault. "They have an amazing memory-erasing device that I go do every day," she jokes.

Her most immediate plan is to move to New York to join husband Taran Killam (*Saturday Night Live*). She loved the city during her brief stint there as a young model. "Now I'm moving back as a mom and so it's a very different city."

Smulders and Killam have a four-year-old daughter. The couple, who married in 2012, manage to make a bicoastal marriage work. "I think on paper it looks more difficult than it is," says Smulders, who, given her sitcom taping schedule, figures the two were together at least one week of every month. A lot of air miles, she says, were collected.

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"We watched each other go through, like, some really serious life stuff. People have gotten married."

Jason Segel, actor on *How I Met Your Mother* on spending nine years with the same people



Neil Patrick Harris and Jason Segel in an episode of *How I Met Your Mother*. CONTRIBUTED

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Long's characters travel through his past in Bad Teeth

Art imitates life.

Brooklyn, Bloomington, Berkeley, Bakersfield... Dustin Long's novel retraces his old haunts

EMILY
LAURENCE

Metro World News in New York City

Anyone can appreciate the alliteration of the four cities in *Bad Teeth* — Brooklyn, Bloomington, Berkeley and Bakersfield — but only true literary minds will notice that they are in reverse alphabetical order. Dustin Long's latest release is full of these winks at prose, which fans of his first novel, *Icelander*, will recognize.

The book features four different interlocking narratives with characters living in the four cities named above, each on his or her own personal journey. A translator named Judas ties the characters together as he travels from city to city searching for a reclusive writer, referred to as the Tibetan David Foster Wallace.

In Brooklyn, he develops a crush on the lovely Selah. In Bloomington, he stays with his friend Adam, a hedonistic, frustrated writer. The Berkeley section centres around Selah and her shady new boyfriend, and she eventually heads to meet Judas in Bakersfield.

"Not only are the cities in reverse alphabetical order, but they are in reverse chronological order from where I've lived," Long says.

"Before writing *Bad Teeth*, I was working on a book that took place in 17th century China, something I knew nothing about. Even with *Icelander*, I've never lived anywhere with snow, really. I knew I wanted to write a book that took place in modern day and only in places I have lived and knew about first-hand."

Another difference between Long's past works and this one is it's a bit less cerebral and more attention



Quoted

"I knew I wanted to write a book that took place in modern day and only in places I have lived and knew about first-hand."

Dustin Long, author of *Bad Teeth*



is paid to character development.

"Focusing on the emotional lives of modern characters in a very realistic way was a challenge for me. Part of the reason why I chose to try that was to stretch myself," Long says.

Long actually had a gem of an idea of what *Bad Teeth* would become when he was an undergraduate. He wrote what he calls a terrible novel, that was divided into geo-

graphical sections and had a similar quest narrative that *Bad Teeth* would come to have.

"Having gone through a similar process helped me have the narrative in mind before I even thought of the plot," he says.

It sounds as if Long himself went on his own academic journey through the four cities, and evolved both professionally and personally. There's nothing bad about that at all.



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5 restaurants across Canada you gotta try

Calabash Bistro, Vancouver

What a bunch of great guys. I love this place — good vibes, good food, and good people. Come here for their special *roti stack*. Chef Cullin makes his *roti* from scratch, and it's nuts. So buttery, so flaky, and he layers it with sweet plantain, goat cheese, then he pours something called *coconut rundown* — which is reduced coconut milk — all over that stack. Is there anything more summery than coconut? You're basically eating sunshine.



The Jane Bond, Waterloo, Ont.

The Jane Bond is a fantastic community hub. Super casual, friendly vibe, live music and terrific food. Here's a dirty little Catucci secret: I love eggplant. Love it! The Jane Bond's eggplant *parmigiana* sandwich is amazing. It has heft. Deep-fried till crispy and golden, it gets bathed in this beautiful tomato sauce, smothered in melty cheese, and served on toasted garlic bread. This sandwich killed me. I died.



Prairie Harvest Café, Saskatoon

If you didn't know it was there, you'd never know it was there. Tucked in a residential area, behind a set of garage doors, Chef Michael McKeown does everything local, everything from scratch, and he's killing it. He's famous for his *prairie harvest lasagna*, which is braised short rib, pork belly and ground beef layered between homemade noodles and cheese. It's insane. Did I mention the maple-bacon doughnut? This is the doughnut other doughnuts want to be when they grow up.

Una, Calgary

I go in here every time I'm in Calgary — I don't even drop off my bags at the hotel, I head straight here for my Una pizza fix. It's just that good. Start with meatballs, then order the mushroom pizza. It's a white pizza, so there's no tomato sauce, just oven-roasted mushrooms, smoked mozzarella and fresh arugula. The crust is this lovely thin crust that's just perfectly crispy and chewy.



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Lauren Cohan stars as Maggie Greene on *The Walking Dead*. Cohan says being on the series for three seasons and being immersed in dark material has changed her personality. GENE PAGE/AMC/THE ASSOCIATED PRESS

The Walking Dead has made Cohan more 'subdued'

'Serious feeling in my heart'. Actress finds shift in temperament comes with fighting zombies for a living

Quoted

"You come out of doing the show when you're like, 'OK, remember how to relax.'"

Lauren Cohan, actress on *The Walking Dead* on separating herself from her character

Spending your days killing zombies apparently takes its toll. Actress Lauren Cohan said being on AMC's *The Walking Dead* for three seasons has had an effect on her.

"My temperament has changed since I've been on the show because of being immersed in this dark material all the time," Cohan said in a recent interview.

Cohan plays Maggie

Don't miss the action

The season finale of *The Walking Dead* airs Sunday at 9 p.m. ET on AMC.

Greene on the post-apocalyptic zombie drama. So far this season Maggie has seen her father beheaded, was separated from her husband and doesn't know whether her sister Beth is alive, dead or undead.

Cohan said that while she loves the show, it's sometimes difficult to separate herself from her character and that she's become more "subdued."

"You come out of doing the show when you're like, 'OK, remember how to relax and remember picking up hobbies or whatever,' but remembering how to have frivolity as well has been difficult," the 32-year-old actress said.

Cohan said that in some

ways, she feels that she's changed for the better because she doesn't have as many highs and lows as she used to, but adds that she now has a "serious feeling in my heart" that she sometimes wishes wasn't there.

Maggie and her husband were reunited in the show's penultimate episode. Now the couple and a host of other characters are headed for Terminus, which promises "sanctuary for all. Those who arrive survive."

Is that a good thing? Cohan isn't giving away any spoilers for the season finale. "It sounds too good to be true," Cohan said, adding that like everything else on the show, "It probably is."

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Law and Order's Meloni shows comedic chops

Surviving Jack. Well-known intimidating hardman from Oz and SVU switches to playing grumpy dad in sitcom set in the '90s

TV star Christopher Meloni is known for a brooding intensity that has fuelled dark roles on heavy dramas including Law & Order: SVU and the brutal prison serial Oz.

Oddly enough, that was what made him perfect for the role of a gruff but well-meaning dad on the family sitcom *Surviving Jack*, says executive producer Justin Halpern, who based the laughter on his relationship with his own no-nonsense father — the same guy who inspired the Twitter feed “S— My Dad Says.”

“The thing about Chris is that he doesn’t have to put on anything to be really intimidating,” says Halpern, whose new show is drawn from dating disasters he documents in the book *I Suck at Girls*.

“He scares the (crap) out of us on a daily basis. So I think that (with) this character it’s really important that it didn’t feel like the (actor) put on this false bravado, that it just kind of came with the guy. And Chris has that in spades.”

Twitter followers and TV viewers already had a glimpse at one version of Halpern’s dad through the expletive-filled Twitter feed, which inspired a cult following, a book and a heavily panned sitcom of the same name in 2010 star-

When to watch

- *Surviving Jack* airs Thursdays on CTV.

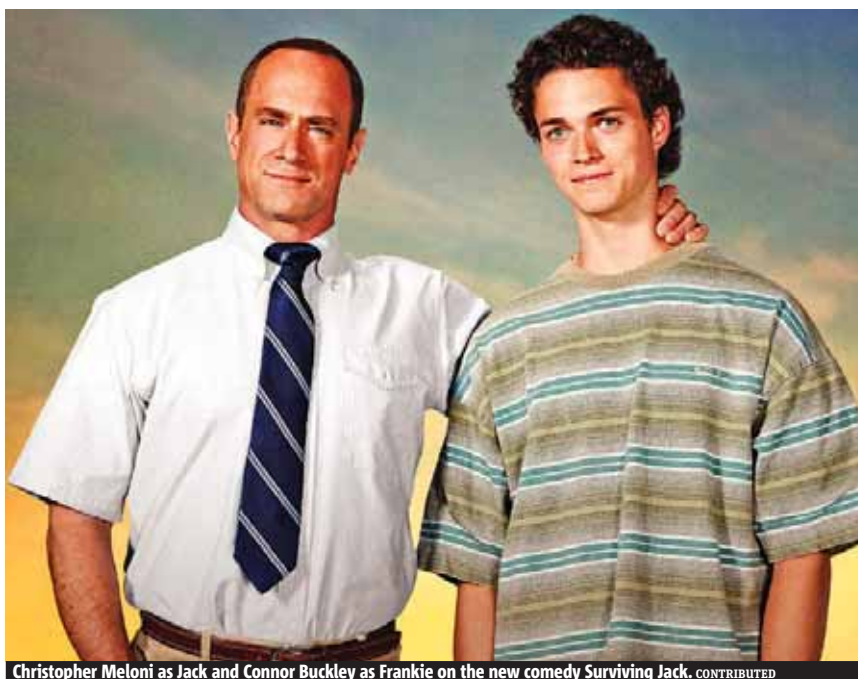
ring William Shatner. But that initial TV incarnation was actually much further from the truth than Jack Dunlevy of *Surviving Jack*, says Halpern, blaming his first sitcom’s demise on an overly sour tone that made it hard for viewers to connect with the curmudgeonly senior.

“The dad was like a sad old man that had been twice divorced, that was living by himself and went to hookers. And in this one it’s much more like my real dad, who’s madly in love with my mother — they live together, they’re married, they’re married 35 years and he’s just sort of a more bluntly honest guy,” he says.

“That (other) show, it just sort of defaulted into grumpy old man and we’ve seen that character a million times. I think what makes my dad more interesting is he’s this, like, scientist who’s lectured at Harvard, but he has this blue-collar element to him.”

Surviving Jack is set in the early 1990s, with Meloni as a tough ex-military man and doctor who takes over parenting duties when mom Joanne, played by Rachael Harris, heads to law school.

Jack’s blunt style does not go over well with lanky teenage son Frankie, played by Connor Buckley, who is full of insecurities as he begins his freshman year in high school. And it seems even less effective with



Christopher Meloni as Jack and Connor Buckley as Frankie on the new comedy *Surviving Jack*. CONTRIBUTED

17-year-old daughter Rachel, played by Claudia Lee, a high school junior eager to push the limits of her independence.

The era allows for plenty of nostalgic nods to acid-wash fashion trends, scrambled pay-per-view TV channels and poppy radio hits that existed well before the Internet and mobile devices arrived to offer teens on-demand distractions — something younger members of the cast had a hard time comprehending, says Meloni.

“We’d break to them the news that there was a time in history where cellphones and computers were not there and

they really couldn’t wrap their heads around that,” he says in a recent conference call alongside Harris.

Meloni says he was keen to shift over to comedy after 12 years as Det. Elliot Stabler on *Law & Order: SVU*, noting that he did sitcoms well before playing a series of menacing TV heavyweights that included a stint on *NYPD Blue*.

“I was leaning towards a comedy,” Meloni says of what he was looking for after *Law & Order*.

“And you know the threatening Jack thing, I didn’t intentionally make it thus ... It’s just

how the script struck me and I think possibly my physicalness kind of lends itself to that in combination with how Connor plays his part. He seems like he’s a kid who seems perpetually uneasy in his own skin. When you compare that to a guy like Jack who seems to me perpetually absolutely calm and comfortable in his skin it really then makes my character a little more threatening.”

Nevertheless, Buckley says Meloni is a genuine jokester.

“He’s very accessible, but he’s very big — he’s got a big personality,” Buckley said during a stop in Toronto last June

Naturally intimidating

“I think that (with) this character it’s really important that it didn’t feel like the (actor) put on this false bravado, that it just kind of came with the guy. And Chris has that in spades”

Justin Halpern, executive producer of *Surviving Jack*

to promote the show.

“He’ll just whip out an impression or something. He’s built for comedy, but he was on *Law & Order* for the longest time and so it’s going to be nice for a lot of people to see if he can also do (something else).”

Executive producer Bill Lawrence points to wacky roles Meloni has taken over the years, including the off-the-wall hillbilly known as *Freakshow* in *Harold & Kumar Go to White Castle* and the sexually deviant veteran Gene in *Wet Hot American Summer*.

“I think it’s exciting to see somebody doing something different, but we would be lying if we didn’t tell you we all knew Chris comedically before,” admits Lawrence, also co-creator and executive producer of *Cougar Town*, creator of *Scrubs* and co-creator of *Spin City*.

“He did *Law & Order: SVU* for, I think he was on that show for 31 years,” he says, joking. “But comedy writers will all tell you that (in) *Wet Hot American Summer* or the *Harold & Kumar* movies, Chris is hysterical and he’s funny in real life.”

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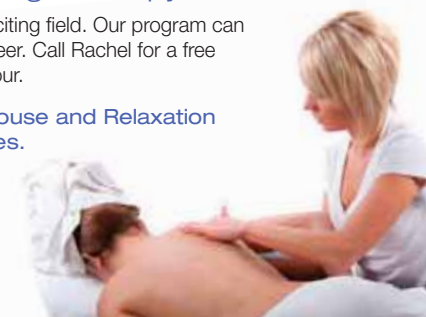
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Top 5 celebs with real eco-stardom

Not satisfied with just fame and fortune, these celebrities are saving their star performance for all things green

METRO WORLD NEWS

John Mayer: Top of the green charts

Life on the road isn't exactly conducive to an eco-friendly existence but the recording artist is doing just that with a biodiesel bus, backstage recycling and green merchandise. As yet, there's no word on whether he'll be turning his sets down to combat noise pollution.



Stella McCartney: Eco-couturier

Her father Paul is rock royalty but it's Stella McCartney who's the fashion queen of green. The designer drives a hybrid Lexus, all UK operations are powered by Ecotricity and Stella McCartney LTD is carbon-neutral.



Woody Harrelson: He's driving on hemp

The actor is (bus)ting a gut to go eco. He has a bus fuelled by hemp oil dubbed The Mothership, decked out with cork floors and solar panels. And the True Detective star loves a dash of danger, too: He once scaled the Golden Gate Bridge in protest against logging.



Willie Nelson: His fuel's naturally good

The country and western crooner is hitting the right note when it comes to cleaner fuels. His BioWillie biofuel is made from waste fats, vegetable and seed oil crops, which produce 70 per cent fewer emissions compared to ULSD (ultra-low sulphur diesel).



Leonardo DiCaprio: Always stars in green

The Playboy of the Hollywood World is giving back to the environment. His foundation set up in 1998 is a do-gooder's guide to saving the world — a platform for everything from saving rainforests in Sumatra to protecting Antarctica. Leo's next movie role should be for Captain Planet.



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Britain's Lily Cole, famed for her doll face, pale complexion and auburn curly hair, is doing a new kind of posing now. The model-actress now poses questions to us on sustainability and gift economy. Cole's latest venture is Impossible.com, a social (giving) network that invites people to meet and help others. The former Vogue cover girl tells Metro how she would create a smarter, greener planet.

Do you believe that it is possible for an individual to live a 100 per cent eco-friendly life? If so, why?

Definitely, obviously — cave-men did it (laughs). It's pretty difficult in this day and age living in a city. Again I would take it all back to intention. It all begins with an intention and from that comes everything. An aspiration to do more recycling starts a process of applying that to lots of small decisions: tap water rather than a bottle of water, eco-friendly light bulbs — quite boring answers, but it's a beginning.

Everybody recycles but what do you do that goes

beyond the norm?

I don't know that I do take it further than the norm. I buy my vegetables from Abel & Cole (packaging-free service delivered from farmers); I really hate how most food is packaged.

The more significant one I've been working on is giving away a lot of the things I own, buy less and aspire to know the source, the company and their principles. Also, reusing and fixing things — there's a lot of waste in our consumption and sharing habits.

You worked in the fashion industry which is rife with waste. What are your views on fast-fashion houses?

I'm not a huge fan of the idea of fast anything. Before I heard (British fashion designer) Vivienne Westwood say "Buy less, choose well," I said a very similar thing: Pay for things you think you'll love for many years to come.

I'm not crazy about trends for that reason and things are only ever fashionable for six months. I'm not hating on that system — I love the creativity that

comes from it — but the structure that it sits within can be problematic because essentially if you create something beautiful, it should be for life.

If you were Prime Minister, how would you make us more green?

I think I would do some-

LILY COLE

The model-turned-entrepreneur behind Impossible.com — a gift-economy social network — tells Metro about her green credentials.

“IT ALL STARTS WITH AN INTENTION”

thing about water. I think it's kind of gross how many plastic bottles are used for water. It would be such a simple thing to be able to have a system where you could refill a bottle. We used to have water fountains at school but everyone pissed in them, didn't they? But let's have a better version of that

where people can trade glass bottles. That's something that's more sustainable.

I would also put some legislation in place to cut down on the amount of packaging.

I think I'm right in saying that you've just learned to drive. Will you be buying an



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Lily Cole is also ambassador for Sky Rainforest Rescue — Sky's partnership with WWF to help save one billion trees in the Amazon rainforest. CONTRIBUTED

Quote

"The Internet contributes as much carbon to the planet as aviation."

electric car?

I do know how to drive in America but I'm learning how to drive manual right now. I have an electric parking space. I don't have a car in it at the moment but I do have a plug. One step at a time.

Living in a busy society and travelling for work, I don't think there's a simple solution. It's on a deeper level, how I question my own values. The Internet, for example, contributes as much carbon to the planet as aviation. So if I were to say I'm going to drive an electric car, recycle and switch light bulbs off before leaving the room, that wouldn't fix a tenth of the problem because I might still be buying avocados in the winter that are wrapped in plastic and checking my email 80 times a day.

There are so many subtleties to it, so that's why I begin with an intention and find out how I can apply it to the things I do every day.



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Zac Efron ALL PHOTOS GETTY IMAGES

It beggars
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Efron fought
tramps —
not such
a glass act
after all, Zac

Zac Efron seems to be having a hard time keeping out of trouble. The latest incident for the clean and sober star involves getting into a fight with a transient near L.A.'s Skid Row, according to TMZ. Efron and his bodyguard were reportedly stranded near an underpass of the 110 freeway after their car ran out of gas earlier this week and attracted the anger of nearby homeless men when Efron tossed out a glass bottle that shattered near an encampment. Tensions between the homeless men and Efron's camp escalated, with the High School Musical star reportedly taking a punch to the mouth. No arrests were made, as police could not single out anyone as the instigator in the "mutual combat" situation, according to police reports.



***There's Snow
doubt at all
fans want to see
shy Kit's body***

MELINDA TAUB
Metro World News

You can't be a Game of Thrones star and be a prude. If you want to wash your hair, conceal your butt and leave your mother unscandalized, you'd better go into accounting. So sayeth Kit Harington, who stars as Jon Snow in the HBO epic, for now, until his character gets eaten by the Lannisters or something.

"It's only right, if you're going to make a show where

nudity and sex is a large part of it, that you be a part of that," he told GQ.

As a matter of fact, Kit's parts have not yet been a part of that. The one time we saw Jon Snow's butt jumping into a river, Kit had a broken ankle and a stand-in had to perform the scene. He's not raring to take his turn stripping down, though.

"I wouldn't say I'd be happy about it," he said. "I'm not saying (if I would do a nude scene). Because I don't know. It would have to be f—ing well deserved."

I'll tell you who well deserves it: The show's female (and gay) fans, who have sat through breast after breast after breast, "well deserved" or not. But do what you want, Kit. Don't do anything you're not comfortable with.

Welcome NEW PATIENTS

We would like to welcome **Dr. Namrata Toor MD, Dr. Meredith Salisbury MD, CCFP, and Dr. Saadia Qaiser MD, CCFP** to our Clinic. All three physicians are accepting new patients.

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Gwyneth Paltrow

Was Gwyneth's split from Chris due to a midlife crisis — and will she regret it?

Sources close to Gwyneth Paltrow think her split from husband Chris Martin could be due to a mid-life crisis she's currently weathering. "It does seem she is having a mid-life crisis," a source tells Radar Online. "To say she is obsessed

with her physical appearance is also an understatement. Turning 40 seemed to do something to her psyche. She could very well regret the decision to separate from Chris. He is an amazing father and very supportive spouse."

Healthy Aniston furrows brow while verbally beating down Botox

Jennifer Aniston has taken a pretty strong stance on Botox, insisting she's not a fan of the injections that other Hollywood celebrities swear by. When asked by People magazine if she prefers having wrinkles or getting Botox, Aniston quickly answered, "Wrinkles. Nobody wants wrinkles, but Botox looks

terrible." The former Friends star also revealed her fitness regimen has less to do with how she looks than how she feels. "It's not about bikini season," she insists. "It's about being healthy. Of course we want to have toned skin and legs and muscles and all that, but it's really just about feeling great."



Jennifer Aniston

Twitter



@ladygaga

I became a Twitter User exactly 6yrs ago. Was one of the 1st! Luv to all my followers from the original Twitter queen.



@Miles_Teller

When I was a kid it was all boogie men and black widows. Now it's opened mailboxes, rush hour traffic and expiration dates



@PamGrier

Must produce a reality show on the Secret Service.

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Liquid Assets

More to love about Italy



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Italy is a big chunk of the wine world. With 20 regions, and close to 1,000 different grapes growing, it ranks second only to France when tallying up total wine production.

Trouble is, even with so much variety, the wines from Veneto (Valpolicella and Pinot Grigio) and Tuscany (Chianti)

make up the majority of what the average Canadian wine drinker is buying.

That leaves a lot of room for discovery, and a good place to start your journey is the central Italian region of Abruzzo — the country's fifth largest winemaker. The montepulciano grape calls the

area home and it creates easy-drinking wines with a dark red colour, balanced acidity and rounded tannins, making them food-friendly and sipable by their lonesome.

Illuminati's 2012 Riparosso Montepulciano d'Abruzzo (\$14.10 - \$16.95) is a modern take on the style that spends

only six months aging in oak which allows a dark, jammy goodness to dominate. Its ripe plummy flavour and dried cherry finish is an ideal partner for lamb, pasta with meat sauces, beefy burgers and aged cheeses. **PRICES REFLECT RANGE ACROSS COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Salad

Chicken Rice Noodle Salad with Coconut Milk Dressing



- 150 g flat rice noodles
- 2 x 200 g cooked chicken breast fillets, sliced
- 2 long red chili peppers, deseeded and finely sliced
- 4 finely shredded kaffir lime leaves
- 3 green onions (scallions), finely sliced
- 1/2 cup coriander leaves
- 1/2 cup mint leaves
- 1/2 cup basil leaves

Coconut Milk Dressing

- 1/2 cup (125 ml) coconut milk
- 1 tbsp fish sauce
- 2 tbsp lime juice
- 1 tbsp caster sugar

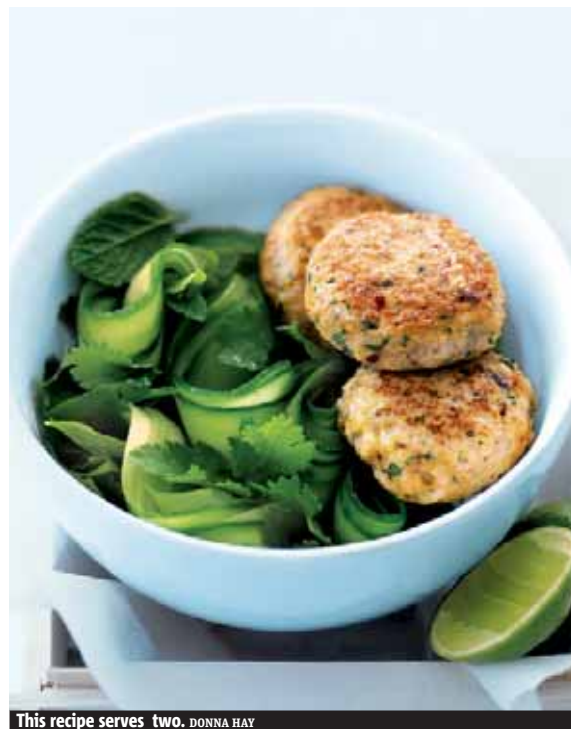
Place rice noodles in bowl, cover with boiling water and stand 6 minutes or until soft. Drain and rinse. Toss noodles with chicken, chili, lime leaf, onion, coriander, mint and basil. Coconut milk dressing: combine coconut milk, fish sauce, juice and sugar. Pour over the salad to serve.

DONNA HAY, GUSTOTV.COM

Including unconventional flavours in your dishes doesn't have to be difficult. Bestselling Australian chef Donna Hay shows us how, with a delicious shallow-fried recipe from her cookbook *Fast, Fresh, Simple*.



Adding Asian accents: Simple Thai Fish Cakes



This recipe serves two. DONNA HAY



FAST, FRESH, SIMPLE
Donna Hay
gustotv.com

1. Place the fish, ginger, chili jam, coriander and egg white in the bowl of a food processor and process until smooth.

Ingredients

- 500 g firm white fish fillets, skin off
- 2 tbsp finely grated ginger
- 2 tbsp chili jam
- 1/4 cup coriander (cilantro) leaves
- 1 egg white
- vegetable oil, for shallow frying
- lime wedges, to serve

Cucumber and Lime Salad

- 1 tbsp lime juice
- 2 tsp fish sauce
- 1 1/2 tsp superfine sugar
- 3 Lebanese cucumbers, sliced with a vegetable peeler
- 1/4 cup mint leaves
- 1/4 cup coriander leaves

FLASH FOOD



From your fridge to your table in 30 minutes or less

2. With slightly wet hands shape the mixture into 12 flat cakes.

3. Heat a non-stick frying pan over medium-high heat. Add 1 cm of oil and cook the fish cakes, in batches, 4 minutes each side or until cooked.

4. To make the cucumber and lime salad, place the lime juice, fish sauce and sugar in a bowl and mix to combine.

5. Add the cucumber, mint and coriander and toss to coat. Serve with the fish cakes and lime wedges. **WATCH DONNA HAY FAST, FRESH, SIMPLE THURSDAYS STARTING AT 10 P.M. EST/PT ON GUSTO TV, CANADA'S NEW FOOD & LIFESTYLE CHANNEL. VISIT GUSTOTV.COM FOR FULL PROGRAM LINE-UP AND MORE GREAT RECIPE IDEAS.**

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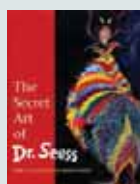
Dancers In Love

Decidedly Jazz Danceworks presents Dancers In Love, which pays tribute to the past works of DJD Founder Vicki Adams Willis. The show will feature beautiful duets and a live band. First choreographed by Willis back in 1984, this duet is significant because it was featured by the company in one of the very first productions. If you enjoy the sounds of Duke Ellington, Theatre Grand and creative dance, then you'll want to get good seats. Dancers In Love runs from March 28th to April 6th. decidedlyjazz.com.



Mark Sultan

Best known for his work with King Khan and the BBQ Show, Sultan is immersed in numerous music genres working as a singer and drummer for more bands than you can count on your fingers. Spending his time between Montreal and Berlin, this rock 'n' roller traverses the globe bringing his special style of punk, psychedelic rock and juke joint classics to the masses. Sultan will be lighting up the stage at Broken City on March 28th. This is a great way to spend your Friday evening. brokency.ca.



The Secret Art of Dr. Seuss

Theodor Geisel, best known as Dr. Seuss, has delighted generations with clever rhymes, tall tales and unique characters. Running until April 3rd, the Crossroads Art Centre has a special art exhibition showcasing the secret art of Dr. Seuss. Anyone familiar with Geisel's illustration will be delighted to see a new side to the artist. Most of this work resides in private collections, so this is a rare opportunity. 1235 26th Avenue SW. artevolution.com.



The Swine and Sow

Lately it feels like there's a new restaurant opening in Calgary each week, and here's one more to add the list of great new places to dine. The Swine & Sow Wine & Ale House is located at 131, 6th Ave. SW in the charming Loughheed Building and is all about pairing high quality meats with craft beers and wines approved by The Cellar Wine Shop. You'll love the house-made terrines and maple bacon crème brûlée. This is a great place to enjoy lunch or dinner. To make your reservation, you can call: 403-237-9585. swineandsow.com.



MAMMA MIA!

The songs of ABBA inspired this sensational story and from April 16th to April 20th you can take part in the fun. Audiences will be transported to the beautiful Greek Islands, where a young bride has invited three mystery men from her mother's past in the hopes of finding her real father. Romance and popular musical numbers ensue. Shows will take place at the Southern Alberta Jubilee Auditorium and performances begin at 8 p.m. There will also be weekend matinees. calgary.broadway.com.



Cavalía Odysseo

Are you ready for the ultimate equestrian experience? You'll feel as though you're floating through a dream when you're seated under the Cavalía Odysseo big top. This production celebrates the majestic beauty of horses — 14 different breeds to be exact — including the Arabian, Appaloosa, Spanish Purebred and Percheron. An evening under one of the biggest tents in the world involves marvellous performances by musicians, acrobats, dancers and skilled riders. Odysseo Cavalía begins on April 23rd. cavalía.net or 1-866-999-8111.

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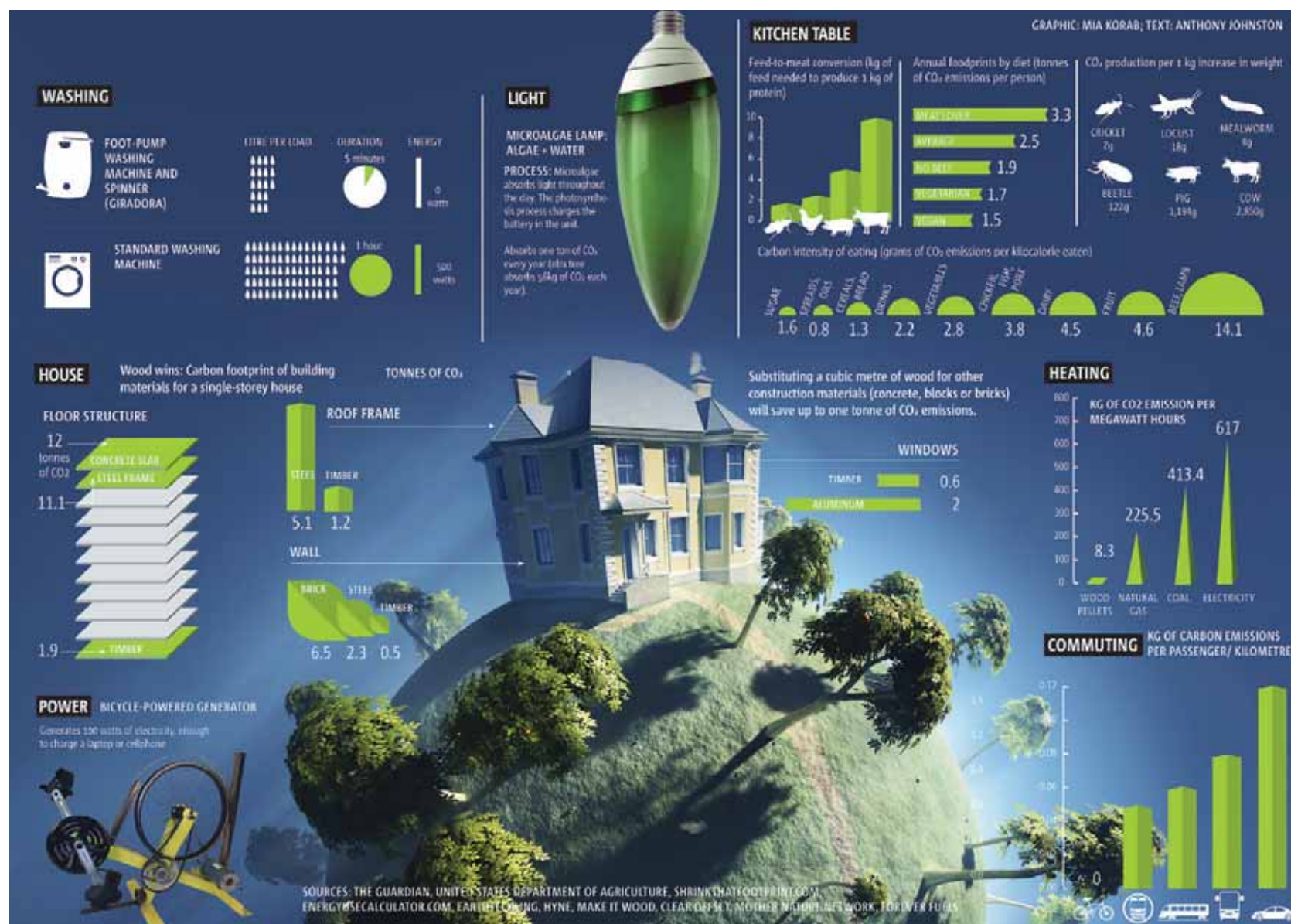


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How to live green for real in your home



3 reasons why you should turn off the lights this Saturday

Be a superhero for the planet

Each one of us is powerful — more than we think — when it comes to the choices we make about what we consume, how we use resources, the products we buy and how we reuse and recycle. These efforts, multiplied around the world, have a major impact on the planet.

Earth Hour is this Saturday. In homes and cities all around the world, at 8:30 p.m. local time, people will switch off their lights as a symbolic demonstration of their commitment to conserve the planet.

WWF is excited about this year's partnership with Spider-Man for Earth Hour. And it is hugely inspiring that the stars of The Amazing Spider-Man 2 — Andrew Garfield, Emma Stone and Jamie Foxx, along with director Marc Webb — are lending their support.

You, too, can help by switching off your lights for Earth Hour this weekend, but also in the ways you live your daily life and the choices you make, every day of the year.



Use the power of the crowd

The 2014 Earth Hour also sees the launch of an innovative digital crowdfunding and crowdsourcing platform, Earth Hour Blue, which aims to harness the power of the crowd to raise funds and awareness for essential on-the-ground environmental projects around the world.

With a few simple clicks, you can help deliver energy-efficient stoves to families in Madagascar, help communities in the Philippines build fibre-glass boats to withstand climate impacts like Typhoon Haiyan, support conservation of the iconic Table Mountain National Park in South Africa, and provide better equipment for WWF rangers protecting Indonesia's endangered wildlife — like the Sumatran tiger, elephant, rhino and orangutan, and their forest home. You can also show your support for essential conservation projects around the world by adding your voice to important digital campaigns — such as helping end shark-finning in marine waters for the consumption of shark fin soup, and saving the Great Barrier Reef in Australia.

We love cities

Odds are you're reading this on your daily commute. Today, more than half of us live in urban spaces, generating more than 70 per cent of the world's CO₂ emissions. But there is so much we can do to reduce our footprint on the planet, even in cities.

WWF's Earth Hour City Challenge was created to mobilize action and support from cities in the essential global transition towards a resilient, climate-smart future. The challenge celebrates and encourages the best of urban green innovations, in areas ranging from cleaner energy to more efficient buildings and less waste. Fourteen national winners and one global Earth Hour Capital are being announced this week, decided in part by the thousands of votes received online from citizens around the world.

It really is up to each one of us to save the planet — individually, as businesses or governments, and in groups of concerned citizens committed to bringing about positive change for this amazing planet we call home. And to do that, we all need to channel our inner superhero!

JIM LEAPE, DIRECTOR GENERAL OF WWF INTERNATIONAL

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NHL

Canadiens clip Red Wings

Max Pacioretty broke a third-period tie, Tomas Plekanec scored twice and the Montreal Canadiens beat the Detroit Red Wings 5-4 Thursday night.

Thomas Vanek added a goal and two assists and David Desharnais had a goal and an assist for Montreal. P.K. Subban had two assists and Carey Price made 23 saves. **THE ASSOCIATED PRESS**

NBA

Sucks to be Sixers

The Philadelphia 76ers tied the NBA record with their 26th straight loss Thursday night, as James Harden's triple-double led the Houston Rockets to a 120-98 victory.

Harden had 26 points, 10 rebounds and 10 assists.

Philadelphia matched the 2010-11 Cleveland Cavaliers for the NBA's worst skid and can set the record at home against Detroit on Saturday.

THE ASSOCIATED PRESS

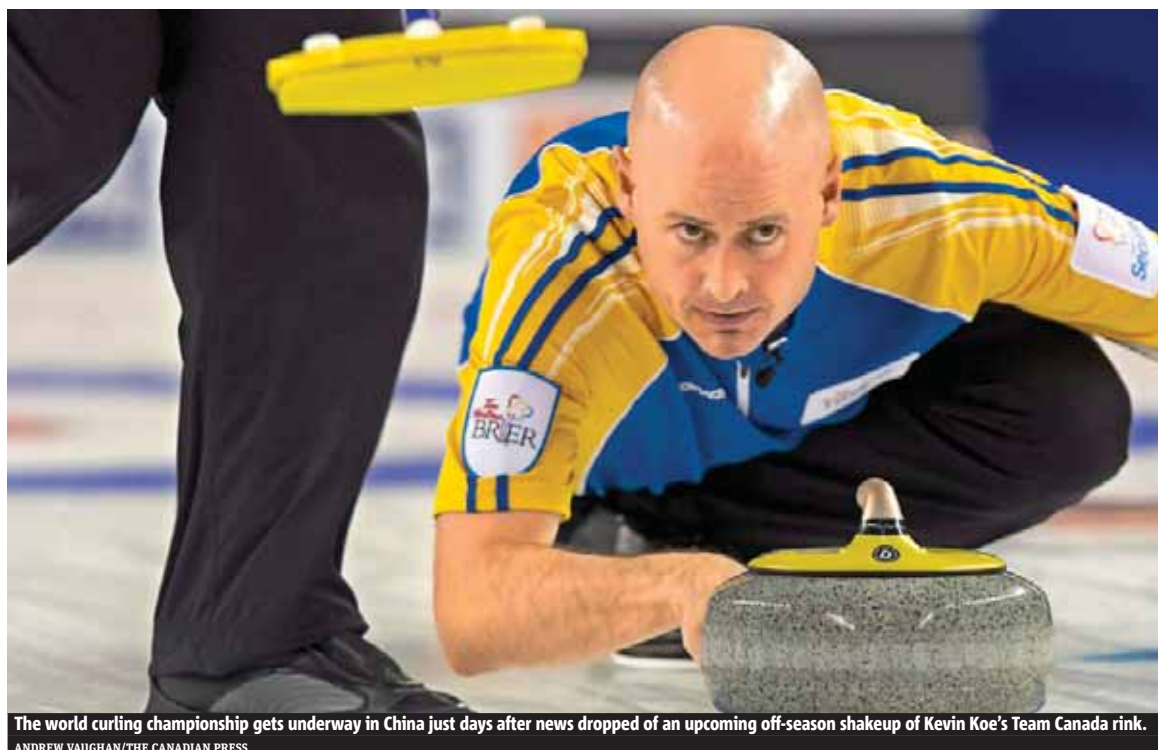
Tennis

Nadal's comeback ousts Raonic

Canadian Milos Raonic put up a fight but could not earn the upset as top seed Rafael Nadal recovered to win their quarter-final matchup in a 4-6, 6-2, 6-4 comeback at the Sony Open Thursday.

The Thornhill, Ont., product cemented his return next week to the ATP top 10 as he won his first career set against Nadal after four losses in the series.

THE ASSOCIATED PRESS



The world curling championship gets underway in China just days after news dropped of an upcoming off-season shakeup of Kevin Koe's Team Canada rink.
ANDREW VAUGHAN/THE CANADIAN PRESS

Tumultuous times for Koe-favourites

Curling. Team Canada will try to put back-room deals and rumours aside at world championship

Canada's Kevin Koe is trying his best to avoid distractions and focus on curling as he prepares for the men's world curling championship.

There have been a few challenges for Koe in the lead-up to the competition, which

opens Saturday at Beijing's Capital Indoor Stadium. Chief among them is news that there are changes coming to his rink next season.

Koe's current lineup features second Carter Rycroft, third Pat Simmons and lead Nolan Thiessen. Rycroft, whose wife is pregnant, has already said he'll be taking a year off after this season.

Kevin Martin confirmed to The Canadian Press that Marc Kennedy and Ben Hebert will be leaving his rink to

join Koe's next season while Sportsnet reported that Brent Laing of Glenn Howard's rink will round out the new foursome.

Koe preferred to keep his focus on the worlds and declined to comment on the coming changes.

The timing is less than ideal for Koe and his teammates. Gerry Peckham, the Canadian Curling Association's high-performance director, expects Koe to be able to lock in on the immediate task

before him.

"Our analysis of his performance skills and performance attributes would suggest that he's an incredibly focused individual and is seldom distracted by anything external to the game at hand," Peckham said. "I think those teammates have looked in each other in the eye again, squared their shoulders, are shaking each other's hands and are now moving on to complete this journey of a world championship." **THE CANADIAN PRESS**

4 SPORTS



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5-tool baseball observer

A look at storylines to keep track of this season with the Toronto Blue Jays

THE CANADIAN PRESS
Photos by Torstar News Service



Anthopoulos-Gibbons

General manager Alex Anthopoulos brought John Gibbons back last season to manage the Jays after John Farrell departed for Boston. Even with a big roster shakeup, the team failed big time in 2013. If Toronto continues to fail on the field, how much longer do Anthopoulos, or the affable Gibbons, have?

Starting pitching

There are more than a few question marks here, which isn't promising considering the Jays starters went 46-57 last season with a 4.81 ERA. Knuckleballer R.A. Dickey, left-hander Mark Buehrle and Brandon Morrow lead the rotation with Drew Hutchison and Dustin McGowan completing the quintet — at least to start with.

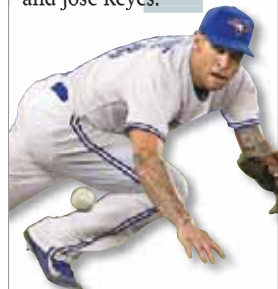


Attendance

About the only thing that went up last year for the Blue Jays was attendance. Despite the poor results, 2013 attendance reached 2,536,562 for an average of 31,315 at the Rogers Centre. That marked a considerable jump from 2012 when attendance totalled 2,099,663 for an average of 25,921. Will Toronto fans remain on the bandwagon if the product disappoints again this season?

Defence

One positive this season looks to be defence, with a healthy Melky Cabrera plus Colby Rasmus and Jose Bautista in the outfield and Ryan Goins adding his fielding skills to an infield already brimming with talent in that area with Brett Lawrie and Jose Reyes.



The bench

With Toronto going with an eight-man bullpen, the Jays bench will be very thin. Backup catcher Josh Thole, whose main job is to handle Dickey, is a career .251 hitter whose average dropped to .175 in limited major-league action last season. The other two are outfielder Moises Sierra and utility infielder Maicer Izturis.

MLB spring training

Hutchison ready for the real thing

Drew Hutchison gave up one hit in 5 1/3 scoreless innings and led the Toronto Blue Jays past the Philadelphia Phillies 3-0 on Thursday.

Hutchison is scheduled to start Toronto's second regular-season game against the Tampa Bay Rays on Tuesday. He allowed a single to Jimmy Rollins in the fourth, walked three and struck out three.

The right-hander beat out several candidates, including Todd Redmond, Esmil Rogers and Ricky Romero, for a spot in the rotation. He was 5-3 with a 4.60 ERA in 11 starts as a rookie in 2012.

Dioner Navarro hit a sacrifice fly off Phillies starter A.J. Burnett in the fourth. Gabe Jacobo added a two-run single in the eighth.

Burnett gave up three hits with one walk and six strikeouts in five innings. The right-hander signed a two-year, \$22.5-million deal with Philadelphia in February. **THE ASSOCIATED PRESS**



Badgers burst Bears' bubble

Brady Heslip of the Baylor Bears attempts to pass out of the double-team put up by Wisconsin Badgers Ben Brust, left, and Nigel Hayes during the round of 16 in the NCAA men's basketball tournament on Thursday in Anaheim. Wisconsin won 69-52. **JEFF GROSS/GETTY IMAGES**

Sweet Sixteen

Underdog Dayton dashes past Stanford

Jordan Sibert scored 18 points, Kendall Pollard added a season-high 12 and Dayton rolled past Stanford 82-72 on Thursday to make the NCAA tournament's Elite Eight for the first time since 1984.

No. 11 Dayton (26-10) continued its underdog run

and this one wasn't particularly close. The six-foot-four Sibert was spectacular, slashing to the basket and draining three-pointers, to help the Flyers lead for almost the entire night.

No. 10 Stanford (23-13) had the superior post play, but it wasn't enough. Chas-Randle led the Cardinal with 21 points, but shot 5-for-21 from the field.

Dwight Powell of Toronto added 17. **THE ASSOCIATED PRESS**

How high can they fly? Jays' pitching has answer

MLB. Toronto manager confident offence will carry team but unsure of starting rotation

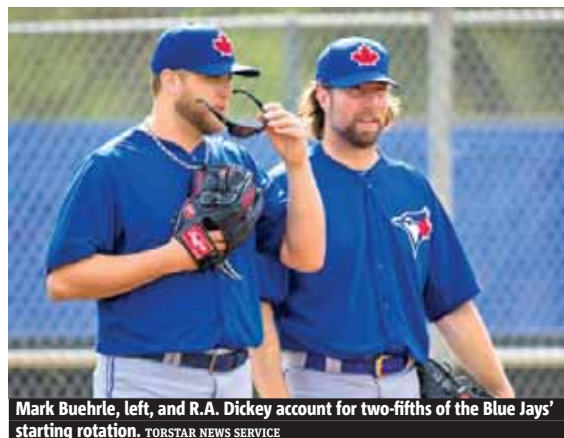
Toronto manager John Gibbons says the Blue Jays will go as far as their pitching takes them this season.

Buckle up, then. It could be another bumpy ride through the talent-rich American League East.

Gibbons believes the Jays will score runs in 2014 while blunting opposition attacks with good defence. But when it comes to pitching, the Toronto manager seemed to be lowering expectations as the pre-season wore on.

"We don't have to have a shutdown rotation, just keep us in the game, somewhat match the opposition and let the offence take over," he said during spring training.

"We really like our bullpen, (it's) strong. We can match up pretty good down there and our defence is much improved if we can keep everybody on the field as well. So we're feel-



Mark Buehrle, left, and R.A. Dickey account for two-fifths of the Blue Jays' starting rotation. **TORSTAR NEWS SERVICE**

ing pretty good, but we've got to get some starting pitching."

From where, some might ask.

The Jays have been unable to add to the rotation of the team that went a disappointing 74-88 after loading up on talent. Take away an 11-game win streak last June and 2013 was a truly dismal season.

Toronto's starters went 46-57 with a 4.81 earned-run average in 2013. Only Minnesota had a higher starting ERA

(5.26).

Toronto pitchers ranked 25th in the majors with a 4.25 ERA. Playing in the hitter-friendly confines of the Rogers Centre, Toronto gave up 195 home runs — only the Baltimore Orioles yielded more (202).

Asked if he believes the Jays have enough pitching, slugger Jose Bautista offered optimism.

"Talent-wise yes. There's no doubt that in this room we have enough guys that are tal-

Starting rotation

1 R.A. Dickey, right-handed pitcher: 14-13, 4.21 ERA in 2013.

2 Drew Hutchison, RHP: 5-3, 4.60 (2012).

3 Mark Buehrle, LHP: 12-10, 4.15.

4 Brandon Morrow, RHP: 2-3, 5.63.

5 Dustin McGowan, RHP: 0-0, 2.45.

ented enough to lead us into having a great season," he said.

It's all about translating that talent into execution and results.

Toronto was 15-17 in games decided by two runs and 20-29 in games decided by one run.

Concerns about the pitching mean the Jays will go with an eight-man bullpen: Casey Janssen, Steve Delabar, Sergio Santos, Brett Cecil, Aaron Loup, Esmil Rogers, Todd Redmond and Jeremy Jeffress.

THE CANADIAN PRESS

Horoscopes

Aries

March 21 - April 20

You'll make your presence felt today, especially at work where power planet Pluto encourages you to believe you are worthy of bigger and better things. You are entitled to be treated with respect — and you will make sure you get it.

Taurus

April 21 - May 21

The planets will give you the confidence to let important people know what you are capable of. Don't worry that they might think you are being too pushy because that's just what they are looking for.

Gemini

May 22 - June 21

Money matters and career issues are under good influences today, so be brave and make the first move if you feel there is cash to be made or a promotion to be won.

Cancer

June 22 - July 23

With communications planet Mercury linked to Pluto in your opposite sign today you won't hesitate to call it as you see it. Some people may be shocked that you are so outspoken but you won't care in the slightest.

Leo

July 24 - Aug. 23

If someone suggests you need to prove your commitment, maybe you should reconsider the status of your relationship. As far as you are concerned, it is a partnership of equals. If they can't agree, say goodbye.

Virgo

Aug. 24 - Sept. 23

You're in a rebellious mood and may do something that shocks friends and enemies. Good. Too many people have been taking you for granted.

Libra

Sept. 24 - Oct. 23

You will know if someone is lying to you today. There is no way they can pull the wool over your eyes. Whether or not you let them know you are not fooled is up to you. It may benefit you to play dumb.

Scorpio

Oct. 24 - Nov. 22

Reach out to someone you have not seen or heard from in a while. Not only will you have plenty of gossip to catch up on, you may find your long-term plans coincide nicely.

Sagittarius

Nov. 23 - Dec. 21

You may be a rebel by nature but this is not a good time to rock the boat. Instead, find out what assistance friends and family members need and do what you can to help them realize their goals.

Capricorn

Dec. 22 - Jan. 20

Pluto in your sign endows you with the courage to get things done, and today and over the weekend you will push yourself harder than you have done for a long time. But it's not just about physical effort. Think harder, and deeper, too.

Aquarius

Jan. 21 - Feb. 19

An investment you made a while back will pay off today and you will be glad you had the sense to act on what your inner voice told you. What it's telling you now is to not get carried away.

Pisces

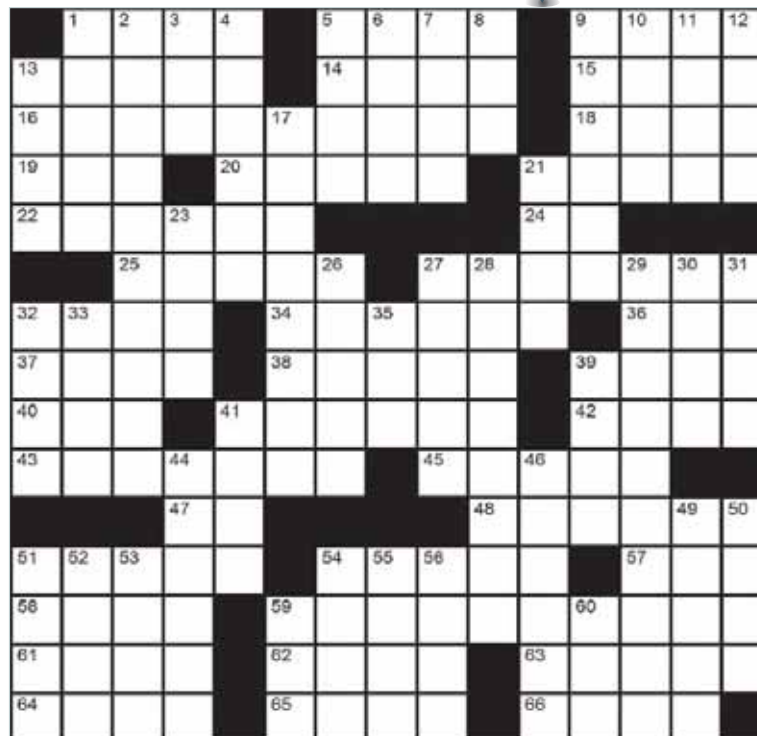
Feb. 20 - March 20

Even if you are the kind of Pisces who does not like to rock the boat, you will let certain people know where they have been going wrong. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Snake sounds
5. Staff on a ship
9. Kitchen knife-using move
13. "Lorna ___" (1951)
14. Actress Ms. Turner (b.1921 - d.1995)
15. Practitioners of it might be wearing Lululemon
16. Mega music event this weekend: 2 wds.
18. Ernie's pal
19. Work unit
20. Eras
21. Rhinoplasty targets
22. Montreal's ___ College
24. Certain conjunction
25. Prone to drips
27. Reside ruggedly: 2 wds.
32. Honest
34. Denizens of The Hawkeye State
36. 'Press' suffix
37. Plucked instrument
38. Milan-based fashion house
39. Marie-Claire's friend
40. Banqueted
41. Unravel the scarf and start all over again
42. Fewer
43. Intersection in #17-Down, ___ and Main
45. Spherical
47. Out's opposite



48. Gives warning
51. Canadian Transport Minister, Lisa ___
54. Single-named male model
57. Eggs, Latin-style
58. Opposing
59. "Kids in the Hall: ___" (1996)
61. ___-Cola

62. "I Got You ___" by Sonny & Cher
63. Decks, in boxing
64. Comic actress Madeline
65. Blue hue
66. Competed on "American Idol"

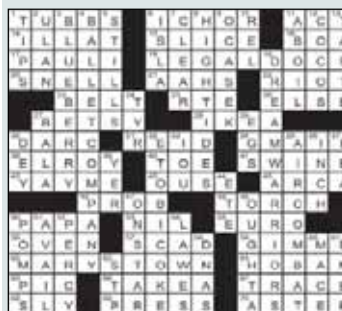
- bit, don't you think?" (Milk-drinker's complaint)
2. An attendee at #16-Across
3. ___Cone
4. "Airport" (1970) director, George ___
5. ___ up (Become tight-tipped)

6. Uncommon
7. Terminates
8. Existed
9. Robotically-enhanced Sci-Fi human
10. Works the flower beds
11. Demon
12. Mr. Sajak's
13. Spun/scratched

BY KELLY ANN BUCHANAN

- the LPs
17. Setting of #16-Across
21. We: French
23. Certain
26. Singer, Thom ___
27. "You Turn Me On, I'm a ___" by Joni Mitchell
28. Where some commuters are right now: 3 wds.
29. Jessica Tandy's Canadian actor hubby who starred in "Cocoon" (1985): 2 wds.
30. Flower kind
31. Football accessories
32. Envelope part
33. Using-a-street thing
35. Pallid
39. "No word of ___" (True)
41. Mouth off
44. Renaissance painter from Venice
46. Barricades
49. The Littlest Hobo, e.g.: 2 wds.
50. Pronounces
51. Coat ___
52. Small buffalo
53. Yen
54. Skirmish
55. Rhyming scheme
56. "Tres ___!"
59. UK network
60. Battery size

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: -2°
MIN: -9°

SATURDAY



MAX: -2°
MIN: -5°

SUNDAY



MAX: -1°
MIN: -8°

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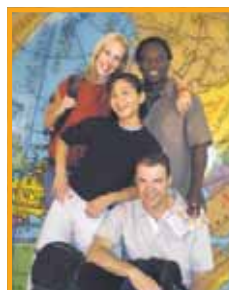
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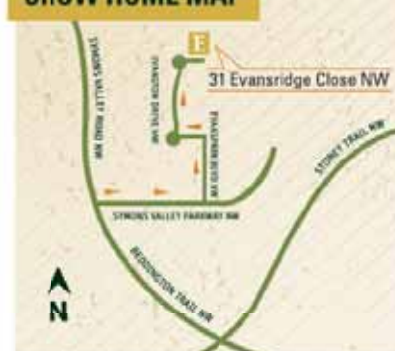
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